



Meals on Wheels

Choice 4 - Diabetic Friendly & Heart Friendly

November 2018

Phone: 707-525-0383

En Espanol: 707-525-0143

FOR SENIORS 60 YEARS AND OLDER			Chef's Choice Meals are for weekend clients	
Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>It costs \$7.00 to produce each meal.</i></p> <p><i>A \$4.00 donation per meal is suggested, but any amount is appreciated</i></p>	<p><i>Menu is subject to change without notice.</i></p> <p><i>All meals include 8 oz. low fat milk, fruit, wheat roll</i></p>		<p>1</p> <p>DF & HF Baked Fish & Lemon Dill Sauce Cauliflower and Broccoli</p>	<p>2</p> <p>DF & HF Beef Broccoli Stir Fry Mixed Vegetables Brown Rice</p>
<p>5</p> <p>DF & HF Grilled Pollock Salsa Green Bell Pepper Corn Capri Blend Vegetables</p>	<p>6</p> <p>DF HF Chicken Burger Pineapple Salsa Cauliflower Mash</p>	<p>7</p> <p>DF & HF Meat Balls Pasta Tomato Sauce Italian Blend Vegetables</p>	<p>8</p> <p>DF & HF Salisbury Chicken Peppers Spinach Tomato Salsa</p>	<p>9</p> <p>DF & HF Grilled Chicken Couscous & Salsa Asparagus Corn Green Bell Pepper</p>
<p>12</p> <p>Chef's Choice</p> <p>HOLIDAY –CLOSED</p>	<p>13</p> <p>DF & HF Grilled Pork Tenderloin with Mustard Sauce Grilled Vegetables</p>	<p>14</p> <p>DF & HF Chicken Picatta Brown Rice Brussel Sprouts</p>	<p>15</p> <p>DF & HF Beef and Black Bean Sauce Snow Peas</p>	<p>16</p> <p>Thanksgiving Dinner Turkey and Trimmings Mashed Potatoes Pumpkin Pie</p>
<p>19</p> <p>DF & HF Chicken Picatta Couscous Seasonal Vegetables</p>	<p>20</p> <p>DF & HF Grilled Chicken Couscous & Salsa Asparagus, Corn , Green Bell Pepper</p>	<p>21</p> <p>DF & HF Meat Balls Tomato Sauce Italian Blend Vegetables</p>	<p>22</p> <p>Chef's Choice</p> <p>HOLIDAY—CLOSED</p>	<p>23</p> <p>Chef's Choice</p> <p>HOLIDAY—CLOSED</p>
<p>26</p> <p>DF & HF Beef Broccoli Stir Fry Mixed Vegetables Brown Rice</p>	<p>27</p> <p>DF & HF Baked Fish & Lemon Dill Sauce Cauliflower and Broccoli</p>	<p>28</p> <p>DF & HF Turkey Meat Loaf Mashed Sweet Potatoes Steamed Spinach</p>	<p>29</p> <p>DF & HF Barley Beef &Vegetables Stew</p>	<p>30</p> <p>DF & HF Pork Verde Black Beans Zucchini Squash</p>