

# Meals on Wheels

## Choice 1 - Poultry, Seafood, Pork Entree

**OCTOBER 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><b>1</b></p> <p><b>Braised Chicken</b> Sweet Potatoes Brussel Sprouts</p>	<p><b>2</b></p> <p><b>Pork Cassoulet</b> White Beans Butternut Squash</p>	<p><b>3</b></p> <p><b>Fish Tacos</b> Spanish Rice Black Beans</p>	<p><b>4</b></p> <p><b>Diced Pork</b> Vegetable Stew with Lentils</p>	<p><b>5</b></p> <p><b>Chicken Cacciatore</b> Rotini Pasta Italian Blend Vegetables</p>
<p><b>8</b></p> <p><b>Mumbai Pork Curry</b> Jasmin Rice Roasted Eggplant &amp; Peas</p>	<p><b>9</b></p> <p><b>Chicken Alfredo</b> Roasted Broccoli Fettucine Pasta</p>	<p><b>10</b></p> <p><b>Chicken Stir Fry</b> Brown Rice Asian Vegetables</p>	<p><b>11</b></p> <p><b>Tuna Casserole</b> Cheddar Cheese Broccoli</p>	<p><b>12</b></p> <p><b>Chicken Florentine</b> with Linguini in Pesto Sauce Seasonal Vegetables</p>
<p><b>15</b></p> <p><b>Chicken Milanese</b> Whole Grain Pasta Shells Italian Vegetables</p>	<p><b>16</b></p> <p><b>Turkey Meat Loaf</b> Mashed Sweet Potatoes Steamed Spinach</p>	<p><b>17</b></p> <p><b>Pork Pineapple Salsa</b> Brown Rice Peas &amp; Carrots</p>	<p><b>18</b></p> <p><b>Baked Fish with Lemon Dill Sauce</b> Barley Broccoli</p>	<p><b>19</b></p> <p><b>Chicken ala King</b> Rotini Pasta Onion and Mushrooms</p>
<p><b>22</b></p> <p><b>Chicken Picatta</b> Barley Normandy Blend Vegetables</p>	<p><b>23</b></p> <p><b>Turkey Brianna</b> Brown Rice Seasoned Cabbage</p>	<p><b>24</b></p> <p><b>Salmon Risotto</b> Peas &amp; Asparagus</p>	<p><b>25</b></p> <p><b>Pork Verde Black Beans</b> Zucchini &amp; Corn</p>	<p><b>26</b></p> <p><b>Chicken Parmesan</b> Linguini Roasted Squash</p>
<p><b>29</b></p> <p><b>Turkey Tetrazzini</b> Whole Grain Pasta Seared Mushrooms</p>	<p><b>30</b></p> <p><b>Braised Chicken</b> <b>Sweet Potatoes</b> Brussel Sprouts</p>	<p><b>31</b></p> <p><b>Southwest Pork</b> Corn Red Pepper Tortillas</p>	<p><i>Menu is subject to change without notice.</i> <i>All meals include 8 oz. low fat milk, fruit, wheat roll</i></p>	<p><i>It costs \$7.00 to produce each meal.</i> <i>A \$4.00 donation per meal is suggested, but any amount is appreciated.</i></p>