

Meals on Wheels

Choice 2 - Vegetarian 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 Vegetarian Meals on Mon-				
Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Vegetarian Chef Choice Vegetables</p>	<p>2</p> <p>Cauliflower Curry Steamed Rice Tofu Spring Rolls</p>	<p>3</p> <p>Eggplant Parmesan Stewed Carrots</p>	<p>4</p> <p>Quinoa with Roasted Winter Vegetables</p>	<p>5</p> <p>Jambalaya and Tempeh Cake Asian Blend Vegetables Brown Rice</p>
<p>8</p> <p>Vegetarian Chef Choice Vegetables</p>	<p>9</p> <p>Quinoa Stir Fry Black Beans Tofu Blend Asian Blend Veggies</p>	<p>10</p> <p>Vegetarian Chili Cheddar Cheese</p>	<p>11</p> <p>Vegetable Cassoulet Couscous Capri Blend Vegetables</p>	<p>12</p> <p>Tofu, Lentil & Vegetable Salad</p>
<p>15</p> <p>Vegetarian Chef Choice Vegetables</p>	<p>16</p> <p>Spinach & Pesto Pasta Rotelli Pasta Normandy Blend Vegetables</p>	<p>17</p> <p>Roasted Vegetable Risotto Tofu</p>	<p>18</p> <p>Vegetable Stew Couscous</p>	<p>19</p> <p>Macaroni and Cheese Mushrooms Stewed Carrots</p>
<p>22</p> <p>Vegetarian Chef Choice And Vegetables</p>	<p>23</p> <p>Vegetable Quiche Three Bean Pasta Salad</p>	<p>24</p> <p>Roasted Artichoke & Leek Cappellini Olive Oil</p>	<p>25</p> <p>Cauliflower Curry Steamed Rice Tofu & Spring Rolls</p>	<p>26</p> <p>Pasta Primavera Whole Grain Penne Pasta Italian Blend Vegetables</p>
<p>29</p> <p>Vegetarian Chef Choice Vegetables</p>	<p>30</p> <p>Vegetable Lasagna Mozzarella cheese</p>	<p>31</p> <p>Asparagus Polenta Parmesan cheese</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><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>