



Meals on Wheels

Choice 4 - Diabetic Friendly & Heart Friendly

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>1</p> <p>DF & HF Baked Fish Lemon Dill Sauce Cauliflower & Broccoli</p>	<p>2</p> <p>DF & HF Beef Broccoli Stir Fry Mixed Vegetables Brown Rice</p>	<p>3</p> <p>DF & HF Grilled Pollock Salsa Green Bell Pepper Corn Capri Blend Vegetables</p>	<p>4</p> <p>DF HF Chicken Burger Pineapple Salsa Cauliflower Mash</p>	<p>5</p> <p>DF & HF Meat Balls Pasta Tomato Sauce Italian Blend Vegetables</p>
<p>8</p> <p>DF & HF Salisbury Chicken Peppers, Spinach Salsa</p>	<p>9</p> <p>DF & HF Grilled Chicken Couscous Salsa Asparagus Corn Green Bell Pepper</p>	<p>10</p> <p>DF & HF Turkey Meat Loaf Mashed Sweet Potatoes Steamed Spinach</p>	<p>11</p> <p>DF & HF Grilled Pork Tenderloin Mustard Sauce Grilled Vegetables</p>	<p>12</p> <p>DF & HF Chicken Picatta Brown Rice Brussel Sprouts</p>
<p>15</p> <p>DF & HF Beef Black Bean Sauce Snow Peas Brown Rice</p>	<p>16</p> <p>DF & HF Salisbury Chicken Peppers, Spinach Tomato Salsa</p>	<p>17</p> <p>DF & HF Chicken Stir Fry Asian Blend Vegetables</p>	<p>18</p> <p>DF & HF Grilled Chicken Couscous Salsa Asparagus Corn Green Bell Pepper</p>	<p>19</p> <p>DF & HF Meat Balls Pasta Tomato Sauce Italian Blend Vegetables</p>
<p>22</p> <p>DF & HF Salmon Curry & Vegetable Bowl Asian Blend Vegetables</p>	<p>23</p> <p>DF & HF Ground Turkey Taco Bowl Spanish Rice</p>	<p>24</p> <p>DF & HF Grilled Pork Tenderloin Mustard Sauce Grilled Vegetables</p>	<p>25</p> <p>DF & HF Beef Broccoli Stir Fry Mixed Vegetables Brown Rice</p>	<p>26</p> <p>DF & HF Baked Fish Lemon Dill Sauce Cauliflower & Broccoli</p>
<p>29</p> <p>DF & HF Turkey Meat Loaf Salsa Spinach</p>	<p>30</p> <p>DF & HF Barley Beef & Vegetables Stew</p>	<p>31</p> <p>DF & HF Pork Verde Black Beans</p>	<p><i>It costs \$7.00 to produce each meal. A \$4.00 donation per meal is suggested, but any amount is appreciated.</i></p>	<p><i>Menu is subject to change without notice. All meals include 8 oz. low fat milk, fruit, wheat roll.</i></p>