



Meals on Wheels Café Menu

April 2018

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FOR SENIORS 60 YEARS AND OLDER

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">2</p> <p>Macaroni and Cheese with Grilled Chicken and Mix Veggies Fruit</p>	<p style="text-align: right;">3</p> <p>Pork Loin in Balsamic Cherry Chutney with Rice Pilaf and Peas Fruit</p>	<p style="text-align: right;">4</p> <p>Tuna Casserole with Cheddar Cheese and Broccoli Fruit</p>	<p style="text-align: right;">5</p> <p>Chicken Pasta Salad Grilled Chicken, Whole Wheat Pasta in Balsamic Fruit</p>	<p style="text-align: right;">6</p> <p>Turkey Tetrazzini with Whole Grain Pasta in Creamy Mushroom Sauce Fruit</p>
<p style="text-align: right;">9</p> <p>Beef with Black Bean Sauce Fried Rice and Fresh Snow Peas Fruit</p>	<p style="text-align: right;">10</p> <p>Turkey, Broccoli, Bulger Salad with Balsamic Vinaigrette Fruit</p>	<p style="text-align: right;">11</p> <p>Chicken Florentine with Linguini in Pesto Sauce with Seasonal Vegetables Fruit</p>	<p style="text-align: right;">12</p> <p>Baked Fish Lemon Dill Sauce, Steamed Brown Rice, and Broccoli Fruit</p>	<p style="text-align: right;">13</p> <p>Beef Pot Roast with Braised Vegetables and Rice Pilaf Fruit</p>
<p style="text-align: right;">16</p> <p>Chicken Pesto Over Penne Pasta with Capri Blend Vegetables Fruit</p>	<p style="text-align: right;">17</p> <p>Beef Lasagna with Glazed Brussel Sprouts Fruit</p>	<p style="text-align: right;">18</p> <p>Baked Fish Lemon Dill Sauce, Steamed Brown Rice, and Broccoli Fruit</p>	<p style="text-align: right;">19</p> <p>Turkey and Fennel Salad Barley and Cherry Tomatoes in Vinaigrette Fruit</p>	<p style="text-align: right;">20</p> <p>Chicken Cacciatore with Rotini Pasta and Italian Blend Vegetables Fruit</p>
<p style="text-align: right;">23</p> <p>Pork Caritas Pinto Beans in Red Sauce and Seasonal Vegetables Fruit</p>	<p style="text-align: right;">24</p> <p>Stuffed Bell Peppers Ground Beef, with Brown Rice and Vegetables Fruit</p>	<p style="text-align: right;">25</p> <p>Chicken Dijon With Brussel Sprouts and Brown Rice Fruit</p>	<p style="text-align: right;">26</p> <p>Swiss Turkey Stew (Chili) Ground Turkey with Black, Kidney and White Beans, and Corn and Tomatoes Fruit</p>	<p style="text-align: right;">27</p> <p>Salmon Risotto in Arboreal Rice Peas, Asparagus and Stewed Carrots Fruit</p>
<p style="text-align: right;">30</p> <p>Meat Loaf Dirty Mashed Potatoes with Stewed Spinach Fruit</p>	<p>Menu is subject to change without notice.</p> <p>All meals include 8 oz. of low fat Milk, and a whole wheat roll.</p> <p>Weekend meals are the Chefs Choice.</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>			