



Meals on Wheels Café Menu

JUNE 2018

Phone: 707-525-0383

En Espanol: 707-525-0143

Monday	Tuesday	Wednesday	Thursday	Friday
Menu is subject to change without notice.	All meals include 8 oz. of low fat milk, one serving of fruit, and a whole wheat roll.	<i>It costs \$7.00 to produce each meal. A \$4.00 donation per meal is suggested, but any amount is appreciated.</i>		1 Macaroni and Cheese with Grilled Chicken and Mixed Veggie
4 Vegetarian Chili and Mixed Veggies	5 Tuna Casserole with Cheddar Cheese And Broccoli	6 Chicken Pasta Salad Grilled Chicken and Vegetables	7 Beef with Black Bean Sauce with Fried Rice and Snow Peas	8 Turkey, Broccoli, Bulger Salad In Balsamic Vinaigrette
11 Chicken Florentine Linguini in Pesto Sauce with Seasonal Vegetables	12 Beefaroni With Steamed Vegetables	13 Baked Fish Lemon Dill Sauce Steamed Brown Rice Broccoli	14 Beef Pot Roast with Rice Pilaf and Braised Vegetables	15 Chicken Pesto Over Penne Pasta With Capri Vegetables
18 Beef Lasagna Glazed Brussel Sprouts	19 Salmon Risotto In Arboreal Rice Peas, Asparagus and Stewed Carrots	20 Turkey Fennel Salad Barley and Cherry Tomatoes In Vinaigrette	21 Chicken Cacciatore with Rotini Pasta and Italian Blend Vegetables In Vinaigrette	22 Pork Carnitas Pinto Beans in Red Sauce and Seasonal Vegetables
25 Stuffed Bell Peppers Ground Beef, with Brown Rice and Vegetables	26 Creamy Chicken & Mushroom Rice Pilaf with Italian Vegetables	27 Swiss Turkey Stew (Chili) Ground Turkey with Black Kidney and White Beans, and Corn and Tomatoes	28 Grilled Fish Tacos with Spanish Rice and Seasoned Zucchini	29 Beef Meat Loaf Dirty Mashed Potatoes With Stewed Spinach