



Meals on Wheels

Choice 1 - Poultry, Seafood, Pork Entree

JULY 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	
2 Pork Loin In Balsamic Cherry Sauce Rice Pilaf Peas	3 Tuna Casserole with Cheddar Cheese Broccoli	4 Chef's Choice HOLIDAY - CLOSED	5 Turkey Tetrazzini Whole Grain Pasta Seared Mushrooms	6 Chicken Vegetable Salad Quinoa	
9 Chicken Florentine with Linguini in Pesto Sauce Seasonal Vegetables	10 Turkey, Broccoli, Bulger Salad in Balsamic Vinaigrette	11 Baked Fish In Lemon Dill Sauce Steamed Brown Rice Broccoli	12 Turkey Meat Loaf Mashed Sweet Potatoes Steamed Spinach	13 Chicken Milanese Whole Grain Pasta Shells Italian Vegetables	
16 Turkey Cutlet Potato Melody Seasoned Spinach	17 Salmon Risotto in Arboreal Rice Asparagus	18 Pork Raisin Chutney Stewed Greens Roasted Potatoes	19 Chicken Cacciatore with Rotini Pasta Italian Blend Vegetables	20 Pork Tacos Spanish Rice Corn & Bell Peppers	
23 Chicken Parmesan with Linguini and Roasted Squash	24 Chicken Mushroom Rice Pilaf Italian Veggies	25 Pork Roast Pineapple Salsa & Rice Peas, Carrots	26 Grilled Fish Tacos Spanish Rice Black Beans	27 Grilled Chicken Salad Rotelli Pasta Grilled Zucchini	
30 Pork Loin Scalloped Potatoes Spinach	31 Baked Fish Creole Rice Normandy Vegetables		<i>Menu is subject to change without notice. All meals include 8 oz. low fat milk, fruit, wheat roll.</i>	<i>It costs \$7.00 to produce each meal. A \$4.00 donation per meal is suggested, but any amount is appreciated.</i>	