



Meals on Wheels

Choice 2 - Vegetarian 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 Vegetarian Meals on Mondays				
Monday	Tuesday	Wednesday	Thursday	Friday					
2 Vegetarian Chef Choice And Vegetables	3 Eggplant Parmesan Stewed Carrots	4 HOLIDAY—CLOSED	5 Barley and Mushroom Pilaf with Tofu	6 Cauliflower Curry Steamed Rice Tofu & Spring Rolls					
9 Vegetarian Chef Choice And Vegetables	10 Roasted Vegetable Risotto Tofu	11 Roasted Artichoke and Leek Cappellini, Olive Oil	12 Broccoli Quiche Three Bean Salad	13 Quinoa Stir Fry Black Beans Tofu					
16 Vegetarian Chef Choice And Vegetables	17 Vegetable Cassoulet With Couscous Butternut Squash and Carrots	18 Tofu with Spinach Buckwheat Noodles Eggplant	19 Spinach And Pesto Pasta Normandy Vegetables	20 Multi Grain Salad Fetta Cheese Vegetables					
23 Vegetarian Chef Choice And Vegetables	24 Braised Vegetable Stew and Couscous	25 Macaroni Cheese Mushrooms Stewed Carrots	26 Vegetable Quiche Three Bean Pasta Salad	27 Summer Squash Gratin Braised Vegetable With Mozzarella Cheese					
30 Vegetarian Chef Choice And Vegetables	31 Cauliflower Curry Steamed Rice Tofu & Spring Rolls		<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>					