



Meals on Wheels

Choice 3 - Beef 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
<p style="text-align: right;">2</p> <p>Beef and Broccoli Stir Fry Brown Rice Asian Blend Vegetables</p>	<p style="text-align: right;">3</p> <p>Beef Spaghetti Italian Vegetables</p>	<p style="text-align: right;">4</p> <p>Beef Stew Barley Seasonal Vegetables</p>	<p style="text-align: right;">5</p> <p>Spaghetti Bolognese Broccoli and Normandy Blend Vegetables</p>	<p style="text-align: right;">6</p> <p>Beef Tacos Spanish Rice Zucchini</p>
<p style="text-align: right;">9</p> <p>Beef with Black Bean Sauce Fried Rice Snow Peas</p>	<p style="text-align: right;">10</p> <p>Beef-a-roni Steamed Vegetables</p>	<p style="text-align: right;">11</p> <p>Beef and Broccoli Stir Fry Brown Rice Asian Blend Vegetables</p>	<p style="text-align: right;">12</p> <p>Beef Spaghetti Stewed Carrots</p>	<p style="text-align: right;">13</p> <p>Beef Stew Polenta Root Vegetables</p>
<p style="text-align: right;">16</p> <p>Stuffed Bell Peppers Brown Rice Vegetables</p>	<p style="text-align: right;">17</p> <p>Beef and Broccoli Stir Fry Brown Rice Asian Blend Vegetables</p>	<p style="text-align: right;">18</p> <p>Chili Con Carne Corn and Bell Peppers</p>	<p style="text-align: right;">19</p> <p>Shepard's Pie Oven Roasted Brussels Sprouts</p>	<p style="text-align: right;">20</p> <p>Thai Beef Bowl Steamed Rice Asparagus</p>
<p style="text-align: right;">23</p> <p>Stuffed Bell Peppers Brown Rice Vegetables</p>	<p style="text-align: right;">24</p> <p>Beef Stir Fry Brown Rice Broccoli</p>	<p style="text-align: right;">25</p> <p>Salisbury Steak Couscous & Spinach Mushroom Gravy</p>	<p style="text-align: right;">26</p> <p>Beef Tacos Spanish Rice Zucchini</p>	<p style="text-align: right;">27</p> <p>Beef Meat Loaf Mashed Potatoes Spinach</p>
<p style="text-align: right;">30</p> <p>Kung Pao Beef Rice Mixed Vegetables</p>	<p style="text-align: right;">31</p> <p>Chili Macaroni Stewed Carrots Corn</p>	<p>Beef Bourginon Rice Pilaf Steamed Spinach Potatoes & Mushrooms</p>	<p><i>Menu is subject to change without notice.</i> <i>All meals include 8 oz. low fat milk, fruit, wheat roll</i></p>	<p><i>It costs \$7.00 to produce each meal.</i> <i>A \$4.00 donation per meal is suggested, but any amount is appreciated.</i></p>