



# Meals on Wheels Café Menu

**JULY 2018**

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**FOR SENIORS 60 YEARS AND OLDER**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Pork Loin</b> in Balsamic Cherry Chutney with Rice Pilaf and Peas 2	<b>Tuna Casserole</b> Broccoli Brown Rice 3	<b>HOLIDAY—Closed</b> 4	<b>Spaghetti Bolognese</b> Stewed Carrots 5	<b>Chicken Vegetable Salad</b> With Quinoa Balsamic Vinaigrette 6
<b>Chicken Florentine</b> with Linguini in Pesto Sauce Seasoned Spinach 9	<b>Beef-a-roni</b> With Steamed Vegetables 10	<b>DF &amp; HF Grilled Pollack</b> Black Bean, Corn Salsa Normandy Vegetables 11	<b>Quinoa Stir Fry</b> Black Beans Tofu Asian Blend 12	<b>Chicken Pesto</b> over Penne Pasta Capri Vegetables 13
<b>Beef Lasagna</b> with Glazed Brussel Sprouts 16	<b>Salmon Risotto</b> In Arboreal Rice Peas and Asparagus 17	<b>Turkey and Fennel Salad</b> Barley, Tomatoes Balsamic Vinaigrette 18	<b>Chicken Cacciatore</b> with Rotini Pasta Italian Blend Vegetables 19	<b>Pork Carnitas</b> Spanish Rice Seasonal Vegetables 20
<b>Beef with Black Bean Sauce</b> Fried Rice and Snow Peas 23	<b>Creamy Chicken &amp; Mushroom</b> Rice Pilaf With Italian Vegetables 24	<b>Ginger Pork</b> Brown Rice Snow Peas and Carrots 25	<b>Grilled Fish Tacos</b> with Spanish Rice Seasoned Zucchini 26	<b>Chicken Pasta Salad</b> Grilled Chicken with Whole Wheat Pasta in Balsamic Vinegar 27
<b>Pork Loin</b> Grilled Onions Scalloped Potatoes Stewed Spinach 30	<b>Baked Fish Creole</b> with Brown Rice Normandy Vegetables 31		<i>Menu is subject to change                      without notice. All meals                      include 8 oz. of low fat                      milk, Fruit, and a whole                      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>