



Meals on Wheels

Choice 1 - Poultry, Seafood, Pork Entree

MARCH 2019

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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><i>Menu is subject to change without notice.</i></p> <p><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></p> <p><i>A \$4.00 donation per meal is suggested, but any amount is appreciated.</i></p>			1
<p>Braised Chicken Sweet Potatoes Brussel Sprouts</p>	<p>Spanish Chicken Verde Grilled Vegetables Corn Bread Crumble</p>	<p>Turkey Divan Penne Pasta Broccoli</p>	<p>Chicken Tacos Spanish Rice Broccoli</p>	<p>Chicken Stir-Fry Brown Rice Asian Vegetables</p>
<p>BBQ Chicken Corn & Carrots Roasted Potatoes</p>	<p>Chicken Dijon Spanish Rice Brussel Sprouts</p>	<p>Roasted Turkey Barley Vegetable Salad</p>	<p>Smothered Chicken Collard Greens Black Eyed Peas</p>	<p>Corned Beef Cabbage, Carrots, Potatoes</p>
<p>Chicken ala King Rotini Pasta Onion & Mushrooms</p>	<p>Macaroni & Cheese Grilled Chicken Mixed Vegetables</p>	<p>Turkey Brianna Brown Rice Seasoned Cabbage</p>	<p>5 Spice Chicken Brown Rice Pilaf Italian Vegetables</p>	<p>Grilled Chicken Lemon Caper & Artichoke Sauce Brussel Sprouts</p>
<p>Orange Chicken Pineapple Rice Stir-Fry Vegetables</p>	<p>Chicken Florentine with Linguini in Pesto Sauce Seasonal Vegetables</p>	<p>Turkey Meat Loaf Mashed Sweet Potatoes Steamed Spinach</p>	<p>Spanish Chicken Verde Grilled Vegetables Corn Bread Crumble</p>	<p>Chicken Pasta Salad Grilled Zucchini Red Bell Pepper</p>