



Meals on Wheels

Choice 3 - Beef 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>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>	<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>1</p> <p>Baked Fish with Lemon Dill Sauce Barley Broccoli</p>
<p>4</p> <p>Mexican Beef & Bean Casserole Yellow & Zucchini Squash</p>	<p>5</p> <p>Pork Raisin Chutney Stewed Greens Brown Rice</p>	<p>6</p> <p>Meatballs Marinara Whole Grain Pasta Italian Blend Vegetables</p>	<p>7</p> <p>Tuna Casserole Whole Grain Pasta Broccoli</p>	<p>8</p> <p>Beef Tacos Spanish Rice Seasoned Zucchini</p>
<p>11</p> <p>Pork Verde Black Beans Corn & Squash</p>	<p>12</p> <p>Salisbury Steak Couscous Spinach Mushroom Gravy</p>	<p>13</p> <p>Salmon Risotto Arborio Rice Peas & Asparagus</p>	<p>14</p> <p>Beef Stew Polenta Root Vegetables</p>	<p>15</p> <p>Beef-a-Roni Steamed Vegetables Cheddar Cheese</p>
<p>18</p> <p>Southwest Pork Corn & Red Peppers Tortillas</p>	<p>19</p> <p>Baked Fish Creole Brown Rice Normandy Vegetables</p>	<p>20</p> <p>Beef Meat Loaf Mashed Potatoes Seasonal Vegetables</p>	<p>21</p> <p>Pork Tenderloin Mustard Sauce Roasted Vegetable Potatoes</p>	<p>22</p> <p>Quiche Lorraine Capri Blend Vegetables</p>
<p>25</p> <p>Beef Stir-Fry Asian Vegetables Brown Rice</p>	<p>26</p> <p>Pork Vegetable Stew Lentils</p>	<p>27</p> <p>Beef Lasagna Brussel Sprouts</p>	<p>28</p> <p>Baked Fish with Lemon Dill Sauce Barley Broccoli</p>	<p>29</p> <p>Pork Roast in Red Wine Sauce Rice Pilaf Mixed Vegetables</p>