



Meals on Wheels

Choice 4 - Diabetic Friendly & Heart Friendly

March 2019

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><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>DF & HF Thai Beef Bowl Asian Vegetables Brown Rice</p>
<p>4</p> <p>DF & HF Baked Fish Lemon Dill Sauce Cauliflower & Broccoli</p>	<p>5</p> <p>DF & HF Chicken Cacciatore Vegetable</p>	<p>6</p> <p>DF & HF Pork Verde Black Beans Capri Blend Vegetables</p>	<p>7</p> <p>DF & HF Chicken Burger Pineapple Salsa Cauliflower Mash</p>	<p>8</p> <p>DF & HF Meat Balls Pasta Tomato Sauce Italian Blend Vegetables</p>
<p>11</p> <p>DF & HF Salisbury Chicken Peppers & Spinach Tomato Salsa</p>	<p>12</p> <p>DF & HF Grilled Chicken Couscous Asparagus Green Bell Pepper</p>	<p>13</p> <p>DF & HF Salmon Curry & Vegetable Bowl Asian Blend Vegetables</p>	<p>14</p> <p>DF & HF Beef Broccoli Stir-Fry Mixed Vegetables Brown Rice</p>	<p>15</p> <p>Corned Beef Cabbage Carrots Potatoes</p>
<p>18</p> <p>DF & HF Turkey Meat Loaf Spinach</p>	<p>19</p> <p>DF & HF Beef Black Bean Sauce Snow Peas Brown Rice</p>	<p>20</p> <p>DF & HF Chicken Stir-Fry Asian Blend Vegetables</p>	<p>21</p> <p>DF & HF Baked Fish Lemon Dill Sauce Cauliflower & Broccoli</p>	<p>22</p> <p>DF & HF Swiss Turkey Stew Corn Tomato Bell Pepper</p>
<p>25</p> <p>DF & HF Grilled Pork Tenderloin Mustard Sauce Grilled Vegetables</p>	<p>26</p> <p>DF & HF Thai Beef Bowl Asian Vegetables Brown Rice</p>	<p>27</p> <p>DF & HF Beef Broccoli Stir-Fry Mixed Vegetables Brown Rice</p>	<p>28</p> <p>DF & HF Grilled Chicken Cous Cous Asparagus & Green Bell Pepper</p>	<p>29</p> <p>DF & HF Grilled Pollack Mixed Vegetables Salsa</p>