



Meals on Wheels

Choice 2 - Vegetarian Entree

March 2019

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FOR SENIORS 60 YEARS AND OLDER				
Chef's Choice Meals are for weekend clients Vegetarian Meals on Mondays				
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>			<p>1</p> <p>Vegetable Quiche Three Bean Pasta Salad</p>
<p>4</p> <p>Kale & Swiss Baked Penne Creamy Cheese Sauce</p>	<p>5</p> <p>Stir-Fry Tofu Vegetables Steamed Rice</p>	<p>6</p> <p>Multi Grain Curry Dish Cannellini Beans Broccoli</p>	<p>7</p> <p>Jambalaya & Tempeh Cake Asian Blend Vegetables Brown Rice</p>	<p>8</p> <p>Cheese Tortellini Roasted Red Bell Pepper Sauce Roasted Veggie Mix</p>
<p>11</p> <p>Cauliflower & Bell Pepper Polenta Tofu</p>	<p>12</p> <p>Vegetarian Chili Baked Potato Cheddar Cheese</p>	<p>13</p> <p>Pad Thai Fried Rice Stir-Fry Vegetables</p>	<p>14</p> <p>Quinoa Celery Root Seared Spinach</p>	<p>15</p> <p>Vegetable Cassoulet Couscous Capri Blend Vegetables</p>
<p>18</p> <p>Vegetarian Chef Choice Vegetables</p>	<p>19</p> <p>Macaroni & Cheese Mushrooms Stewed Carrots</p>	<p>20</p> <p>Spaghetti Marinara Sauce Yellow & Zucchini Squash</p>	<p>21</p> <p>Vegetable Frittata Stewed Carrots</p>	<p>22</p> <p>Roasted Vegetable Risotto Tofu Parmesan Cheese</p>
<p>25</p> <p>Vegetarian Chef Choice Vegetables</p>	<p>26</p> <p>Tomato & White Bean Rigatoni Jack Cheese</p>	<p>27</p> <p>Vegetable Quiche Three Bean Pasta Salad</p>	<p>28</p> <p>Stir-Fry Tofu Vegetables Steamed Rice</p>	<p>29</p> <p>Multi Grain Feta Cheese Salad</p>