



Meals on Wheels Café Menu

JUNE 2019

Phone: 707-525-0383

En Espanol: 707-525-0143

FOR SENIORS 60 YEARS AND OLDER

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|--|
| | <i>It costs \$7.00 to produce each meal. A \$4.00 donation per meal is suggested, but any amount is appreciated.</i> | <i>Menu is subject to change without notice. All meals include 8 oz. of low fat milk, fruit, and a whole wheat roll.</i> | | |
| 3 Chicken in Mushroom Sauce Brown Rice Italian Vegetables | 4 BBQ Chicken Corn & Carrots | 5 Grilled Chicken Pasta Salad Grilled Vegetables | 6 Southwest Pork Corn & Red Pepper Tortillas | 7 Baked Fish with Lemon Dill Sauce Barley Broccoli |
| 10 Spanish Chicken Verde Grilled Vegetables Tortillas | 11 Turkey Tetrazzini Whole Grain Pasta Braised Carrots | 12 Southwest Chicken Salad Corn Black Beans Mango | 13 Quiche Loraine 3 Bean Salad | 14 Tuna Casserole Whole Grain Penne Pasta Broccoli |
| 17 Mexican Beef & Bean Casserole Yellow & Zucchini Squash | 18 Pulled Pork Sliders Brioche Bun Stewed Corn & Bell Peppers | 19 Beef Stir-Fry Brown Rice Asian Vegetables | 20 Grilled Chicken With Caper Artichoke Sauce Brussel Sprouts | 21 Teriyaki Chicken Brown Rice Stir-Fry Vegetables |
| 24 Chicken Apple Sausage Spaghetti with Tomato Sauce Peas & Carrots | 25 Italian Chicken Pappardelle Pasta Green Beans | 26 Chili Macaroni Stewed Carrots & Corn | 27 Turkey Meatballs Brown Rice Pilaf Garlic Brussel Sprouts | 28 Baked Fish Creole Dirty Rice Normandy Vegetables |