



Meals on Wheels Café Menu

MAY 2019

Phone: 707-525-0383

En Espanol: 707-525-0143

FOR SENIORS 60 YEARS AND OLDER

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Menu is subject to change without notice.</i> <i>All meals include 8 oz. of low fat milk, fruit, and a whole wheat roll.</i></p>	<p><i>It costs \$7.00 to produce each meal. A \$4.00 donation per meal is suggested, but any amount is appreciated.</i></p>	<p>1 Beef Broccoli Stir-Fry Fried Rice</p>	<p>2 Braised Chicken Sweet Potatoes Brussel Sprouts</p>	<p>3 Pork Raisin Chutney Stewed Greens</p>
<p>6 Meatballs Pasta Marinara Italian Vegetables</p>	<p>7 Tuna Casserole Broccoli Whole Grain Penne Pasta</p>	<p>8 Chicken Stir-Fry Brown Rice Stir-Fry Vegetables</p>	<p>9 BBQ Chicken Corn & Carrots</p>	<p>10 Salisbury Steak Spinach Potatoes</p>
<p>13 Salmon Risotto In Arboreal Rice Peas & Asparagus</p>	<p>14 Beef Stew Root Vegetables Polenta</p>	<p>15 Beef-a-roni Steamed Vegetables</p>	<p>16 Macaroni with Chicken Squash & Bell Pepper</p>	<p>17 Baked Fish Creole Dirty Rice Normandy Vegetables</p>
<p>20 Beef Meat Loaf Mashed Potatoes Spinach</p>	<p>21 Grilled Chicken Lemon Caper & Artichoke Sauce Brussel Sprouts</p>	<p>22 Beef Stew Vegetables & Corn</p>	<p>23 Southwest Pork Corn Tortillas Corn & Red Peppers Black Beans</p>	<p>24 Beef Stir-Fry Brown Rice Asian Vegetables</p>
<p>27 HOLIDAY—CLOSED</p>	<p>28 Chicken Pasta Salad Grilled Vegetables Balsamic Vinaigrette</p>	<p>29 Chicken Milanese Whole Grain Pasta Italian Vegetables</p>	<p>30 Turkey Tetrizzini Whole Grain Pasta Seared Mushrooms</p>	<p>31 Orange Chicken Pineapple Rice Stir-Fry Vegetables</p>