



Meals on Wheels Café Menu

August 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. 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>Beef Stroganoff Mixed Vegetables</p> <p>1</p>	<p>Chicken Florentine Seasoned Spinach Whole Grain Pasta</p> <p>2</p>
<p>Beef Stir Fry Asian Vegetables Brown Rice</p> <p>5</p>	<p>Turkey Meatballs Brown Rice Garlic Brussel Sprouts</p> <p>6</p>	<p>Southwest Chicken Salad Black Beans and Corn</p> <p>7</p>	<p>Italian Chicken Green Beans Whole Grain Pasta</p> <p>8</p>	<p>Tuna Casserole Broccoli Whole Grain Pasta</p> <p>9</p>
<p>Chicken Milanese Whole Grain Pasta Italian Vegetables</p> <p>12</p>	<p>Ginger Pork Fried Rice Stir Fry Vegetables</p> <p>13</p>	<p>Tuna Casserole Broccoli</p> <p>14</p>	<p>Grilled Chicken Vegetable Pasta Salad</p> <p>15</p>	<p>Beef with Black Bean Sauce Fried Rice Stir Fry Vegetables</p> <p>16</p>
<p>Chicken Milanese Whole Grain Pasta Italian Vegetables</p> <p>19</p>	<p>Beef a roni Italian Vegetables</p> <p>20</p>	<p>Turkey Divan Whole Grain Pasta Broccoli</p> <p>21</p>	<p>Chinese Chicken Salad Cabbage and Carrots Chow Mein Noodles</p> <p>22</p>	<p>Beef Meat Loaf Dirty Mashed Potatoes Mixed Vegetables</p> <p>23</p>
<p>Chicken Florentine Seasoned Spinach</p> <p>26</p>	<p>BBQ Chicken Corn and Carrots</p> <p>27</p>	<p>Salmon Risotto Peas and Asparagus</p> <p>28</p>	<p>Grilled Chicken Lemon Caper Artichoke Sauce Brussel Sprouts</p> <p>29</p>	<p>Beef Lasagna Brussel Sprouts</p> <p>30</p>