



Meals on Wheels Café Menu

SEPTEMBER 2019

Phone: 707-525-0383

En Espanol: 707-525-0143

FOR SENIORS 60 YEARS AND OLDER

Monday	Tuesday	Wednesday	Thursday	Friday
2 HOLIDAY—CLOSED Chef's Choice	3 Pork with Peach and Mustard Gaze Brown Rice Spinach	4 Baked Herb Chicken Sweet Potatoes Greens Beans	5 Beef-a- roni Steamed Vegetables	6 Sweet and Sour Pork Stir Fry Vegetables Brown Rice
9 Chicken Cacciatore Italian Blend Vegetables Whole Grain Pasta	10 Chicken and Spanish Rice Tacos Roasted Broccoli	11 Tuna Casserole Whole Grain Penne Pasta Broccoli	12 Turkey Divan Rotelli Pasta Broccoli	13 Macaroni & Cheese Grilled Chicken Mixed Vegetables
16 BBQ Chicken Legs Corn & Carrots	17 Pork Pineapple Salsa Brown Rice Peas & Carrots	18 Baked Fish with Lemon Dill Sauce Barley Broccoli	19 Turkey Tetrizzini Braised Carrots Rotelli Pasta	20 Baked Chicken Egg Noodles Roasted Broccoli
23 Sloppy Joes Sweet Potatoes Roasted Beets	24 Chicken and Mushroom Gravy Brown Rice Italian Vegetables	25 Chili Macaroni Stewed Carrots & Corn	26 Pork Cassoulet White Beans Butternut Squash	27 Salisbury Chicken Egg Noodles Stewed Carrots & Mushrooms
30 Chicken Enchiladas Refried Beans Broccoli			<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>