



# Meals on Wheels

## Choice 1 - Poultry, Seafood, Pork Entree

September 2019

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FOR SENIORS 60 YEARS AND OLDER			Chef's Choice Meals are for weekend clients	
Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<b>HOLIDAY –CLOSED</b> <b>Chef's Choice</b>	<b>Chicken Florentine</b> with Linguini in Pesto Sauce Seasonal Vegetables	<b>Baked Herb Chicken</b> Sweet Potatoes Green Beans	<b>Turkey Meatballs</b> Whole Grain Pasta Garlic Brussel Sprouts	<b>Chicken Stir-Fry</b> Brown Rice Stir Fry Vegetables
9	10	11	12	13
<b>Chicken Cacciatore</b> Italian Vegetables	<b>Chicken Tacos</b> Spanish Rice Roasted Broccoli	<b>Chicken with Cranberry Apple Gravy</b> Brown Rice Roasted Broccoli	<b>Turkey &amp; Broccoli Divan</b> Whole Wheat Pasta Mixed Vegetables	<b>Macaroni &amp; Cheese</b> Grilled Chicken Mixed Vegetables
16	17	18	19	20
<b>BBQ Chicken</b> Corn & Carrots Roasted Potatoes	<b>Grilled Chicken</b> Lemon Caper & Artichoke Sauce Brussel Sprouts	<b>Chicken Florentine</b> with Linguini in Pesto Sauce Seasonal Vegetables	<b>Turkey Tetrazzini</b> Pasta Braised Carrots	<b>Baked Chicken</b> Egg Noodles Roasted Broccoli
23	24	25	26	27
<b>Chicken ala King</b> Rotini Pasta Roasted Broccoli & Carrots	<b>Baked Chicken</b> Mushroom Gravy Brown Rice Italian Vegetables	<b>5 Spice Chicken</b> Brown Rice Pilaf Italian Vegetables	<b>Turkey Meat Loaf</b> Mashed Sweet Potatoes Steamed Spinach	<b>Salisbury Chicken</b> Egg Noodles Stewed Carrots & Mushrooms
30				
<b>Chef's Choice Meal</b>			<i>Menu is subject to change without notice. All meals include 8 oz. low fat milk, fruit, wheat roll.</i>	<i>It costs \$7.00 to produce each meal. A \$4.00 donation per meal is suggested, but any amount is appreciated.</i>