



# Meals on Wheels

## Choice 2 - Vegetarian Entree

September 2019

Phone: 707-525-0383

En Espanol: 707-525-0143

FOR SENIORS 60 YEARS AND OLDER		Chef's Choice Meals are for weekend clients Vegetarian Meals on Mondays		
Monday	Tuesday	Wednesday	Thursday	Friday
2 <b>HOLIDAY—CLOSED</b> <b>Vegetarian Chef Choice</b>	3 <b>Sweet and Sour Tofu Bowl</b> Asian Blend Vegetables Brown Rice	4 <b>Italian Cheese Frittata</b> Leek and Roasted Zucchini	5 <b>Baked Spaghetti</b> Garlic Roasted Brussel Sprouts	6 <b>Veggie Burger</b> Spinach Pesto Pasta Normandy Vegetables
9 <b>Vegetarian Chef Choice</b>	10 <b>Quinoa Stuffed Peppers</b> Corn and Black Beans	11 <b>Vegetable Frittata</b> Tomato Coulis Brown Rice	12 <b>Asian Vegetable Cous Cous</b> Garbanzo Beans	13 <b>Black Bean Veggie Burger</b> Normandy Vegetables Russet Potatoes
16 <b>Vegetarian Chef Choice</b>	17 <b>Black Bean Veggie Burger</b> Whole Wheat Penne Pasta Capri Blend Vegetables	18 <b>Vegetable Quiche</b> Three Bean Pasta Salad	19 <b>Stir-Fry Tofu</b> Vegetables Steamed Rice	20 <b>Vegetarian Lasagna</b> Roasted Artichokes
23 <b>Vegetarian Chef Choice</b>	24 <b>Sweet and Sour Tofu Bowl</b> Asian Blend Vegetables Brown Rice	25 <b>Vegetarian Pasta Bake</b> Roasted Broccoli	26 <b>Tofu/Eggplant/Spinach</b> Brown Rice	27 <b>Vegetable Quiche</b> Three Bean Pasta Salad
30 <b>Vegetarian Chef Choice</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>