



Meals on Wheels

Choice 3 - Beef 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 | |
|---|--|---|--|---|
| Monday | Tuesday | Wednesday | Thursday | Friday |
| 2 | 3 | 4 | 5 | 6 |
| HOLIDAY—CLOSED Chef's Choice Meal | Glazed Pork Brown Rice and Spinach Peaches | Baked Fish with Lemon Dill Sauce Barley Broccoli | Beef-a-roni Steamed Vegetables Cheddar Cheese | Sweet and Sour Pork Brown Rice Stir Fry Vegetables |
| 9 | 10 | 11 | 12 | 13 |
| Baked Fish Creole Brown Rice Normandy Vegetables | Beef Meat Loaf Dirty Mashed Potatoes Mixed Vegetables | Tuna Casserole Whole Grain Pasta Broccoli | Stuffed Bell Peppers Italian Vegetables | Meatballs over Pasta Italian Vegetables |
| 16 | 17 | 18 | 19 | 20 |
| Seared Pollack Bean Relish Roasted Beets | Pork Pineapple Salsa Brown Rice Peas and Carrots | Beef Lasagna Brussel Sprouts | Baked Fish with Lemon Dill Sauce Barley Broccoli | Beef Broccoli Stir-Fry Asian Vegetables Brown Rice |
| 23 | 24 | 25 | 26 | 27 |
| Sloppy Joe Sweet Potatoes Roasted Beets | Pork Loin Italian Vegetable Mix Red Roasted Potatoes with Peppers | Chili Macaroni Stewed Carrots & Corn | Pork Cassoulet White Beans Butternut Squash | Baked Fish with Lemon Dill Sauce Barley Broccoli |
| 30 | | | | |
| Chef's Choice Meal | | | <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. low fat milk, fruit, wheat roll.</i> |