


MEALS ON WHEELS

REGULAR MENU

FEBRUARY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><i>Please note:</i> <i>Chef's Choice is a variety of meals prepared the previous week, delivered frozen with sides.</i></p>		<p>1 Turkey Tetrazzini Wheat Roll Fresh Citrus+ Stewed Carrots*</p>	<p>2 Thai Beef Bowl Wheat Roll Cantaloupe+* Seasoned Spinach*</p>	<p>3 Mumbai Pork Curry Wheat Roll Kiwi+ Green Peas</p>	<p>4 Chef's Choice Wheat Roll Fresh Citrus+</p>	<p>5 Chef's Choice Wheat Roll Cantaloupe+*</p>
<p>6 Stuffed Bell Pepper (beef) Wheat Roll Apple Roasted Butternut Squash*</p>	<p>7 Pork with Mushrooms Wheat Roll Pear Italian Vegetables+*</p>	<p>8 Orange Chicken Wheat Roll Fresh Citrus+ Stir Fry Vegetables*</p>	<p>9 Sloppy Joe (beef) Grapes Stewed Collard Greens+*</p>	<p>10 Pork Stir-Fry Wheat Roll Fresh Citrus+</p>	<p>11 Chef's Choice Wheat Roll Cantaloupe+*</p>	<p>12 Chef's Choice Wheat Roll Fresh Citrus+</p>
<p>13 Chicken Piccata Linguine w/ Lemon Sauce Pineapple – Fresh+ Italian Vegetables</p>	<p>14 Beefaroni with Whole Wheat Pasta Wheat Roll Honeydew Melon+ Stewed Carrots*</p>	<p>15 Pork Verde with Spanish Rice Peas & Carrots* Fresh Citrus+</p>	<p>16 Chicken Tacos Wheat Roll Apple Italian Vegetables+*</p>	<p>17 Pot Roast with Braised Cabbage+ Wheat Roll Pear Steamed Broccoli+</p>	<p>18 Chef's Choice Wheat Roll Fresh Citrus+</p>	<p>19 Chef's Choice Wheat Roll Cantaloupe+*</p>
<p>20 President's Birthday <i>No Delivery, Received last week:</i> Quiche Lorraine (ham) Wheat Roll Kiwi+ Stewed Collard Greens+*</p>	<p>21 Lemon Chicken Wheat Roll Fresh Citrus+ Seasoned Spinach*</p>	<p>22 Beef & Broccoli+ Stir-Fry Wheat Roll Grapes Seasoned Zucchini</p>	<p>23 Beans and Ham* Wheat Roll Fresh Citrus+ Stir Fry Vegetables+*</p>	<p>24 Chicken Parmesan Wheat Roll Apple Stewed Carrots*</p>	<p>25 Chef's Choice Wheat Roll Fresh Citrus+</p>	<p>26 Chef's Choice Wheat Roll Cantaloupe+*</p>
<p>27 Beef Stroganoff Wheat Roll Steamed Cauliflower+ Honeydew Melon</p>	<p>28 Pork with Mushrooms Wheat Roll Summer Squash Pineapple – Fresh+</p>	 <p>LIVE LONG LIVE WELL MARIN COUNTY AGING AND ADULT SERVICES</p>	<p>Menus with more than 1,000 milligrams of sodium will be labeled "Higher Sodium Meal".</p>	<p>Before eating the meal, heat until all food items are hot, bubbly & steamy. Heating directions are on the meals.</p>	<p>Menu Subject to Change Without Notice</p>	<p>+ = Vitamin C-rich item * = Vitamin A-rich item</p> <p>All meals include 8 oz. 1% Low Fat Milk</p>

For questions or cancellations, call the Division of Aging & Adult Services at 457- 4636.

Participants are asked to contribute \$3.50/meal. Contributions are voluntary and no one is turned away for lack of funds.

The Older Americans Act sets the eligibility for nutrition services at 60 years of age or older. Meals prepared by Sonoma County Council on Aging. Program participation is not limited with regard to race, color, national origin, gender, sexual orientation, gender identity or disability. Funding for this program, in part, is made available by the Older Americans Act, administered locally by the Marin County Dept. of Health and Human Services, Aging / Adult Services.