

MEALS ON WHEELS

VEGETARIAN MENU

FEBRUARY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
January 30 Orange Chicken Brown Rice Pilaf Stir Fry Vegetables+* Seasonal Fresh Fruit	January 31 Chicken smothered in Mushrooms Summer Squash Wheat Roll Orange+	1 Barley Mushroom Pilaf Wheat Roll Fresh Citrus+ Stewed Carrots*	2 Broccoli Quiche+ Wheat Roll Cantaloupe+* Seasoned Spinach*	3 Cauliflower Curry+ Wheat Roll Kiwi+ Green Peas	4 Chef's Choice Wheat Roll Fresh Fruit+	5 Chef's Choice Wheat Roll Fresh Fruit+
6 Kale+ and Swiss Baked Penne Wheat Roll Apple Roasted Butternut Squash*	7 Leek, Zucchini and Cheese Frittata Wheat Roll Pear Italian Vegetables+*	8 Lentil & Butternut Squash* Soup Wheat Roll Fresh Citrus+ Stir Fry Vegetables+*	9 Mushroom Stroganoff Wheat Roll Grapes Stewed Collard Greens+*	10 Pad Thai with Rice Noodles Wheat Roll Fresh Citrus+	11 Chef's Choice Wheat Roll Fresh Fruit+	12 Chef's Choice Wheat Roll Fresh Fruit+
13 Pasta Primavera Wheat Roll Pineapple – Fresh+ Italian Vegetables*	14 Quinoa and Black Bean Stuffed Peppers Wheat Roll Honeydew Melon+ Seasoned Zucchini Stewed Carrots*	15 Savory Mushroom Crepes Wheat Roll Fresh Citrus+ Italian Vegetables	16 Eggplant Parmesan Wheat Roll Apple Parsnips & Celery Root+	17 Spring Vegetable Paella Wheat Roll Pear Lemon Glazed Broccoli+	18 Chef's Choice Wheat Roll Fresh Fruit+	19 Chef's Choice Wheat Roll Fresh Fruit+
20 President's Birthday <i>No Delivery, Received last week:</i> Summer Squash Gratin Wheat Roll Kiwi+ Linguini w/Lemon Sauce	21 Vegetable Couscous Wheat Roll Fresh Citrus+ Seasoned Spinach*	22 Tomato+ and White Bean Rigatoni Wheat Roll Grapes Swiss Chard*	23 Vegetable Lasagna Wheat Roll Fresh Citrus+ Stir Fry Vegetables	24 Spinach & Pesto Linguini Wheat Roll Apple Stewed Carrots*	25 Chef's Choice Wheat Roll Fresh Fruit+	26 Chef's Choice Wheat Roll Fresh Fruit+
27 Mushroom and Lentil Meatless Meatballs Wheat Roll Steamed Cauliflower+	28 Eggplant Parmesan Wheat Roll Pineapple – Fresh+ Buckwheat Noodles	<i>Chef's Choice is a variety of Vegetarian meals prepared the previous week, delivered frozen with sides.</i>	Menus with more than 1,000 milligrams of sodium will be labeled "Higher Sodium Meal". + = Vitamin C-rich item * = Vitamin A-rich item	Before eating the meal, heat until all food items are hot, bubbly & steamy. Heating directions are on the meals.	Menu Subject to Change Without Notice All meals include 8 oz. 1% Low Fat Milk	

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.