


Who we serve...

- Seniors 60 & older who are homebound due to illness, disability or isolation, and needing substantial assistance at home.
- Spouse living with homebound, regardless of age
- Disabled person under 60 living with homebound person

MISSED/DELAYED DELIVERY? 415-261-4585
HOLD/CHANGE/CANCEL? 415-473-2734

APRIL 2023 MEALS ON WHEELS REGULAR MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<p><i>Before eating meal, heat until all food items are hot, bubbly & steamy. Heating directions on meals.</i></p>	<p><i>Meals include 8 oz. 1% Low Fat Milk & Wheat Roll. Green salads served on days with leaf symbol 🍃.</i></p>	<p><i>Menu items with 800 or more milligrams of sodium are labeled a higher sodium meal with an *asterisk* by date.</i></p>		<p>1 Chef's Choice – this means you will receive a meal from previous menu days</p>	<p>2 Chef's Choice</p>
<p>3 Chicken Fajita Spanish Brown Rice Pinto Beans Stewed Greens Applesauce</p>	<p>4 Cajun Pork Couscous Red Beans Stewed Greens Kiwi</p>	<p>5 🍃 BBQ Pork Barley Corn Garlic Roasted Cauliflower Banana</p>	<p>6 Chicken w/ Pesto Pasta Italian Vegetables Peach Cup</p>	<p>7 Fish Peperonata Penne Pasta Seasoned Chickpeas Spinach Orange</p>	<p>8 Chef's Choice</p>	<p>9 Chef's Choice</p>
<p>10 Fiesta Carnitas Spanish Brown Rice Black Beans Spinach & Mushrooms Peach Cup</p>	<p>11 Salisbury Steak Mashed Potatoes Garlic Roasted Broccoli Applesauce</p>	<p>12 🍃 Garlic Honey Chicken Fried Rice Stir Fry Vegetables Kiwi</p>	<p>13 Baked Herb Pork Loin Penne Pasta Broccoli & Red Peppers Green Peas Cali Blend Fruit Cup</p>	<p>14 Tandoori Chicken Cilantro Lime Rice Indian Spiced Chickpeas Roasted Cauliflower Pineapple</p>	<p>15 Chef's Choice</p>	<p>16 Chef's Choice</p>
<p>17 Chicken Enchiladas Spanish Brown Rice Pinto Beans Roasted Brussel Sprouts Applesauce</p>	<p>18 Beefaroni Corn Green Beans Peach Cup</p>	<p>19 🍃 Teriyaki Beef Fried Rice Stir Fry Vegetables Banana</p>	<p>20 Turkey & Vegetable Chili Mashed Potatoes Green Beans Pineapple</p>	<p>21 Fish Piccata Orzo Pasta Seasoned Chickpeas Spinach Orange</p>	<p>22 Chef's Choice</p>	<p>23 Chef's Choice</p>
<p>24 Chicken w/ Mushrooms Roasted Red Potatoes Roasted Brussel Sprouts Peach Cup</p>	<p>25 Beef Pot Pie Penne Pasta Spinach & Mushrooms Cali Blend Fruit Cup</p>	<p>26 Sweet & Sour Pork Fried Rice Stir Fry Vegetables Orange</p>	<p>27 Lemon Pepper Chicken Bulgar Italian Vegetables Kiwi</p>	<p>28 Beef Meatball & Marinara over Pasta Seasoned White Beans Roasted Broccoli Tropical Fruit Cup</p>	<p>29 Chef's Choice</p>	<p>30 Chef's Choice</p>

General information on County services for Seniors, call Aging & Adult Services (415) 473-4636. ~Menu Subject to Change Without Notice~

Participants are asked to contribute \$3.50/meal. Contributions are voluntary; 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.