


**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 VEGETARIAN MENU**

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY  | SATURDAY  | SUNDAY                             |
|--|--|---|---|---|---|------------------------------------|
|                                  | <p><i>Before eating meal, heat until all food items are hot, bubbly &amp; steamy. Heating directions on meals.</i></p> | <p><i>Meals include 8 oz. 1% Low Fat Milk &amp; 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<br/>Chef's Choice – this means you will receive a meal from previous menu days</p> | <p>2<br/><b>Chef's Choice</b></p>  |
| <p>3<br/>TVP &amp; Vegetable Fajitas<br/>Spanish Brown Rice<br/>Pinto Beans<br/>Stewed Greens<br/>Applesauce</p> | <p>4<br/>Cajun TVP<br/>Couscous<br/>Red Beans<br/>Stewed Greens<br/>Kiwi</p>   | <p>5 🌿<br/>BBQ Tofu<br/>Barley<br/>Corn<br/>Garlic Roasted Cauliflower<br/>Banana</p>                               | <p>6<br/>Tofu w/ Pesto<br/>Pasta<br/>Italian Vegetables<br/>Peach Cup</p>   | <p>7<br/>Lentil Bolognese<br/>Penne Pasta<br/>Seasoned Chickpeas<br/>Spinach<br/>Orange</p>                                 | <p>8<br/><b>Chef's Choice</b></p>   | <p>9<br/><b>Chef's Choice</b></p>  |
| <p>10<br/>TVP Fiesta<br/>Spanish Brown Rice<br/>Black Beans<br/>Spinach &amp; Mushrooms<br/>Peach Cup</p>        | <p>11<br/>Vegetarian Chili<br/>Mashed Potatoes<br/>Garlic Roasted Broccoli<br/>Applesauce</p>                          | <p>12 🌿<br/>Black Pepper Tofu<br/>Fried Rice<br/>Stir Fry Vegetables<br/>Kiwi</p>                                   | <p>13<br/>Baked Herb Tempeh<br/>Penne Pasta<br/>Broccoli &amp; Red Peppers<br/>Green Peas<br/>Cali Blend Fruit Cup</p>      | <p>14<br/>Tandoori Tofu<br/>Cilantro Lime Rice<br/>Indian Spiced Chickpeas<br/>Roasted Cauliflower<br/>Pineapple</p>        | <p>15<br/><b>Chef's Choice</b></p>  | <p>16<br/><b>Chef's Choice</b></p> |
| <p>17<br/>TVP Enchiladas<br/>Spanish Brown Rice<br/>Pinto Beans<br/>Roasted Brussel Sprouts<br/>Applesauce</p>   | <p>18<br/>Mac &amp; Cheese w/<br/>Mushrooms<br/>Corn<br/>Green Beans<br/>Peach Cup</p>                                 | <p>19 🌿<br/>Teriyaki Tofu<br/>Fried Rice<br/>Stir Fry Vegetables<br/>Banana</p>                                     | <p>20<br/>Black Bean Burger<br/>Mashed Potatoes<br/>Green Beans<br/>Pineapple</p>   | <p>21<br/>Lentil Bake<br/>Orzo Pasta<br/>Seasoned Chickpeas<br/>Spinach<br/>Orange</p>                                      | <p>22<br/><b>Chef's Choice</b></p>  | <p>23<br/><b>Chef's Choice</b></p> |
| <p>24<br/>Spinach &amp; Feta Frittata<br/>Roasted Red Potatoes<br/>Roasted Brussel Sprouts<br/>Peach Cup</p>     | <p>25<br/>TVP Pot Pie<br/>Penne Pasta<br/>Spinach &amp; Mushrooms<br/>Cali Blend Fruit Cup</p>                         | <p>26<br/>Sweet &amp; Sour Tofu<br/>Fried Rice<br/>Stir Fry Vegetables<br/>Orange</p>                               | <p>27<br/>Lemon Pepper Tofu<br/>Bulgar<br/>Italian Vegetables<br/>Kiwi</p>  | <p>28<br/>TVP &amp; Marinara Sauce<br/>Penne Pasta<br/>Seasoned White Beans<br/>Roasted Broccoli<br/>Tropical Fruit Cup</p> | <p>29<br/><b>Chef's Choice</b></p>  | <p>30<br/><b>Chef's Choice</b></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.