

- MEALS PROVIDED BY MEALS ON WHEELS OF THE MONTEREY PENINSULA -

OCTOBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			HONEY GLAZED SALMON PATTY Mixed Vegetables / Brown Rice Soup Fresh Fruit 1	ASIAN EGG ROLL (CHICKEN) Mixed Vegetables / Peanut Pasta Soup Fresh Fruit 2
TUSCAN PORK RAGOUT Mixed Vegetables / Penne Pasta Soup Fresh Fruit 5	BEEF STROGANOFF Mixed Vegetables / Roasted Potatoes Soup Fresh Fruit 6	THAI PEANUT CHICKEN Mixed Vegetables / Orange Rice Soup Fresh Fruit 7	VEGETABLE QUICHE Garlic Bread Soup Fresh Fruit 8	SPAGHETTI & MEATSAUCE Mixed Vegetables Soup Fresh Fruit 9
EGGS A LA MOUTARDE Mashed Potatoes / Mixed Vegetables Soup Fresh Fruit 12	MEDITERRANEAN FISH STEW Brown Rice Soup Fresh Fruit 13	PORTABELLA & GOAT CHEESE RAVIOLI Marinara / Garlic Bread Soup Fresh Fruit 14	SWEDISH MEATBALLS (BEEF) Mixed Vegetables / Noodles Soup Fresh Fruit 15	SALMON PATTY & CITRUS Mixed Vegetables / Orange Rice Soup Fresh Fruit 16
PORK & BEANS Corn Bread Soup Fresh Fruit 19	CHICKEN ENCHILADA CASSEROLE Mexican Rice Soup Fresh Fruit 20	SALMON TERIYAKI* Mixed Vegetables / Orange Rice Soup Fresh Fruit 21	BROCCOLI & RICE CASSEROLE Garlic Bread Soup Fresh Fruit 22	BRATWURST (PORK) Cabbage / Potatoes Soup Fresh Fruit 23
CHILI VERDE (PORK) Brown Rice Soup Fresh Fruit 26	CHICKEN ALFREDO Pasta / Mixed Vegetables Soup Fresh Fruit 27	BRAZILIAN FISH STEW Basmati Rice Soup Fresh Fruit 28	CHINESE FRIED RICE with Egg Mixed Vegetables Soup Fresh Fruit 29	CHICKEN PARMESAN Mixed Vegetables / Pasta Soup Fresh Fruit 30

At the senior center lunch programs, non-senior guests are charged \$7.50 per meal. A donation of \$3 per Senior (over 60 years) is suggested. 24-HOUR reservations are required for dining sites in Seaside and Monterey. Home delivered meal recipients also receive a sandwich meal and light breakfast daily.

Meals marked with asterisk (*) have high sodium content, with (+) contains shellfish.