

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

JANUARY 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	BRAZILIAN FISH STEW Basmati Rice Mixed Vegetables Soup Fresh Fruit	CHICKEN PARMESAN w/w Penne Pasta Mixed Vegetables Salad Fresh Fruit	QUICHE PRIMAVERA Roasted Potatoes Soup Fresh Fruit	SPAGHETTI & MEATSAUCE w/w Spaghetti Pasta Mixed Vegetables Soup / Salad / Dessert Fresh Fruit
3	4	5	6	7
	VEGETABLE CURRY Basmati Rice Soup Fresh Fruit	CHICKEN SPRING ROLL Asian Fried Rice Salad Fresh Fruit	SMOKED BACON ALFREDO Whole Wheat Pasta & Vegetables Soup Fresh Fruit	SCRAMBLED EGGS & CHEESE Roasted Potatoes Creamed Spinach Soup / Salad / Dessert Fresh Fruit
10	11	12	13	14
MLK DAY CLOSED	CHEESE RAVIOLI & MARINARA Mixed Vegetables Soup Fresh Fruit	BBQ PULLED PORK Roasted Potatoes Mixed Vegetables Salad Fresh Fruit	FISH FILLET & LEMON BUTTER Cilantro-Lime Rice & Vegetables Soup Fresh Fruit	CHICKEN TAMALES Mexican Rice Pinto Beans Soup / Salad / Dessert Fresh Fruit
17	18	19	20	21
	VEGETABLE CHILI Garlic Bread Soup Fresh Fruit	HERB & GARLIC CHICKEN Middle Eastern Basmati Pilaf Mixed Vegetables Salad Fresh Fruit	ROPA VIEJA (CUBAN BEEF) Roasted Potatoes Mixed Vegetables Soup Fresh Fruit	EGGPLANT PARMESAN W/W Pasta Mixed Vegetables Soup / Salad / Dessert Fresh Fruit
24	25	26	27	28
	CHICKEN SZECHWAN STYLE Brown Rice Broccoli & Peppers Soup Fresh Fruit	BRATWURST (PORK) (*) Potatoes Cabbage Salad Fresh Fruit	THREE BEAN CHILI Basmati Rice Soup Fresh Fruit	BEER BATTERED COD Orzo Pilaf Mixed Vegetables Soup / Salad / Dessert Fresh Fruit
31	1	2	3	4



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, soup or light salad, low fat milk, fresh fruit, and a light breakfast daily.

Sodium content to a weekly average is less than 760 mg per meal	Sugar content is less than 10 mg per meal	Meals marked with asterisk (*) contain high sodium over 1,000 mg per meal, and marked with (+) contain shellfish	Calories are below 600 per meal	Clients who require a SOFT diet, will receive diced or ground meats and soft fresh fruits only.
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