



MEALS ON WHEELS OF THE MONTEREY PENINSULA

MARCH LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Apricot Glaze Pork Loin Mashed Potatoes Vegetables Soup Fresh Fruit RSVP 26	Roasted Vegetables & Garlic Dijon Sauce Salad Fresh Fruit 27	Beef Bourguignon Roasted potatoes Vegetables Soup Fresh Fruit 28	Chili Verde Brown Rice Salad Fresh Fruit 29	Thai Peanut Chicken Brown Rice Vegetables Soup / Salad Fresh Fruit / Dessert 1
Fish Stew Veracruz Brown Rice Soup Fresh Fruit 4	Bratwurst Cabbage Potatoes Salad Fresh Fruit 5	Potato & Onion Frittata Mixed Vegetables Soup Fresh Fruit 6	Spaghetti and Meatballs Mixed vegetables Salad Fresh Fruit 7	Chicken Marsala Brown Rice Mixed Vegetables Soup / Salad Fresh Fruit / Dessert 8
Chili Verde (Pork) Brown Rice Salad Soup Fresh Fruit 11	Shrimp Fried Rice Mixed Vegetables Soup Salad Fresh Fruit 12	Chicken Alfredo Garlic Bread Soup Fresh Fruit 13	Roasted Vegetables & Garlic Dijon Sauce Mashed Potatoes Soup Salad Fresh Fruit RSVP 14	Moussaka Soup / Salad Fresh Fruit / Dessert 15
Chef's Choice Corned Beef & Cabbage Potatoes & Vegetables Soup Fresh Fruit RSVP 18	Brazilian Fish Stew Basmati Rice Bell Peppers Salad Fresh Fruit 19	Bratwurst Cabbage Potatoes Soup Fresh Fruit 20	Three Bean Chili Basmati Rice Salad Fresh Fruit 21	Chicken Parmesan Whole Wheat Pasta Mixed Vegetables Soup / Salad Fresh Fruit / Dessert 22
Beef Bourguignon Roasted Potatoes Vegetables Soup Fresh Fruit 25	Cheese Tortellini & Pesto Mixed Vegetables Salad Fresh Fruit 26	Teriyaki Salmon Bites Brown Rice Vegetables Soup Fresh Fruit 27	Irish Stew (Pork) Cabbage/Potatoes Garlic Bread Salad Fresh Fruit RSVP 28	Fish Stew Veracruz Brown Rice Soup / Salad Fresh Fruit / Dessert 29

LUNCHEON NEWS

CONGREGATE DINING

The Dining Room is open Monday - Friday from 11:00am - 1:00pm

Table service 11:45am - 12:30pm



Reservations are required for the following dates:*

Thursday, March 14 • St. Patrick's Day with The Thom Cuneo Jazz Band

Monday, March 18 • Chef's Special Lunch promptly served at 12:00pm

Thursday, March 28 • Birthday Bash with The Thom Cuneo Jazz Band

831-375-4454 ask for the Front Desk

LUNCHEON MUSICIANS

- Mondays Lilia Narducci
- March 1 & 15 Bob Phillips (piano)
- March 5 & 19 Glenn Leon-Guerrero (vocals & keyboard)
- March 7 Old Flannel Pajamas
- March 8 & 22 Curtis Williams (piano)
- March 13, 20 & 27 Dr. Glynn (jazz guitar)
- March 14 & 28* The Thom Cuneo Jazz Band



Voluntary contribution of \$3 per Senior (60 years & over) is suggested
for those in the Senior Nutrition Program.

Guests are required to pay a fee of \$7.50 per meal.

No eligible individual shall be denied participation because of failure or inability to contribute.