



MEALS ON WHEELS OF THE MONTEREY PENINSULA

APRIL HDM MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pork Cassoulet Vegetables Salad Fresh Fruit Roast Beef Sandwich 1	Chicken Eggroll Fried Rice Soup Fresh Fruit Turkey Sandwich 2	Meatloaf & Gravy Mashed Potatoes Vegetables Bakery Item Fresh Fruit Caprese Sandwich 3	Roasted Vegetables & Garlic Dijon Sauce Roasted Potatoes Soup Fresh Fruit Meatloaf Sandwich 4	Fish Fillet & Mango Salsa Roasted Potatoes Creamed Spinach Soup / Salad Fresh Fruit / Dessert Tuna Salad Sandwich 5
Chinese Style Braised Beef Brown Rice Vegetables Soup Fresh Fruit Turkey Pastrami Sandwich 8	Salmon Fillet Orzo Pilaf Vegetables Salad Fresh Fruit Smoked Salmon Sandwich 9	Chicken Marsala Pasta Vegetables Bakery Item Fresh Fruit Chicken Curry Sandwich 10	Bratwurst Sauerkraut Roasted Potatoes Salad Fresh Fruit Cuban Pork Sandwich 11	Vegetable Lasagna Garlic Bread Soup / Salad Fresh Fruit / Dessert Cobb Salad 12
Chicken Adobo Brown rice Vegetables Salad Fresh Fruit Salami & Tomato Sandwich 15	Chili Verde Brown Rice Soup Fresh Fruit Hawaiian Chicken Sandwich 16	Hungarian Goulash Pasta Vegetables Bakery Item Fresh Fruit Cheese & Tomato Sandwich 17	Potato Onion Frittata Vegetables Soup Fresh Fruit Roast Beef Sandwich 18	Fish Picatta Roasted Potatoes Vegetables Soup / Salad Fresh Fruit / Dessert Egg Salad Sandwich 19
Spinach Ravioli Mixed Vegetables Salad Fresh Fruit Peanut Butter Banana Sandwich 22	Brazilian Fish Stew Basmati Rice Vegetables Soup Fresh Fruit Salami & Cheese Sandwich 23	BBQ Chicken Potatoes Vegetables Bakery Item Fresh Fruit Eggplant Parmesan Sandwich 24	Pork Irish Stew Garlic Bread Soup Fresh Fruit Tomato & Cucumber Sandwich 25	Spaghetti & Meatballs Vegetables Soup / Salad Fresh Fruit / Dessert Greek Salad 26
Apricot Glazed Pork Loin Mashed Potatoes Vegetables Salad Fresh Fruit Caprese Sandwich 29	Vegetable Curry & Tofu Soup Fresh Fruit Herbed Chicken Sandwich 30	Teriyaki Salmon Bites Brown Rice Vegetables Bakery Item Fresh Fruit Egg & Tomato Sandwich 1	Meatloaf & Gravy Mashed Potatoes Vegetables Soup Fresh Fruit Ham & Cheese Sandwich 2	Chicken Tikka Masala Brown Rice Vegetables Soup / Salad Fresh Fruit / Dessert Avo-Chickpea Sandwich 3

Thank you for participating in our Home-Delivered Meals program. We enjoy having you on our route! Voluntary contributions of any amount are confidential, greatly appreciated and go directly to the services this program provides.