## MEALS ON WHEELS OF THE MONTEREY PENINSULA APRIL LUNCH MENU

Pork CassouletChicken EggrollVeqetablesFried RiceSoupSaladFresh FruitI11Chinese Style Braised BeefSalmon FilletBrown RiceOrzo PilafVeqetablesSaladSoupSaladFresh FruitFresh FruitBrown riceBrown RiceVeqetablesSaladSoupSaladFresh FruitBrown RiceSoupSaladSoupSaladSoupSaladSoupSaladSoupSalad		ed potatoes & & & & & & & & & & & & & & & & & & &	Roasted Vegetables & Garlic Dijon Sauce Roasted potatoes Galad Tresh Fruit	Fish Fillet & Mango Salsa Roasted Potatoes Creamed Spinach Soup/Salad
Soup Fresh Fruit Salad Fresh Fruit Salad Fresh Fruit I Chinese Style Braised Beef Brown Rice Orzo Pilaf Vegetables Soup Fresh Fruit Fresh Fruit Brown rice Salad Chicken Adobo Brown rice Soup Salad	Vegeta Soup	ables Ro Sa	loasted potatoes alad resh Fruit	Creamed Spinach Soup/Salad
Fresh Fruit     Fresh Fruit       1     1       Chinese Style Braised Beef     Salmon Fillet       Brown Rice     Orzo Pilaf       Vegetables     Salad       Soup     Salad       Fresh Fruit     Fresh Fruit       Brown rice     Brown Rice       Vegetables     Salad       Soup     Salad       Soup     Salad       Soup     Salad	Soup	Sa	alad resh Fruit	Soup/Salad
Fresh Fruit     Fresh Fruit       1     1       Chinese Style Braised Beef     Salmon Fillet       Brown Rice     Orzo Pilaf       Vegetables     Salad       Soup     Salad       Fresh Fruit     Fresh Fruit       Brown rice     Brown Rice       Vegetables     Salad       Soup     Salad       Soup     Salad       Soup     Salad			resh Fruit	
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Brown Rice Orzo Pilaf Vegetables Vegetables Soup Salad Fresh Fruit Fresh Fruit <b>8</b> <b>Chicken Adobo</b> Brown rice Brown Rice Vegetables Soup Salad	2			Fresh Fruit/Dessert
Brown Rice Orzo Pilaf Vegetables Salad Fresh Fruit Fresh Fruit <b>8</b> <b>Chicken Adobo</b> Brown rice Brown Rice Vegetables Soup Salad	2	_	RSVP,	
Brown Rice Orzo Pilaf Vegetables Salad Fresh Fruit Fresh Fruit <b>8</b> <b>Chicken Adobo</b> Brown rice Brown Rice Vegetables Soup Salad		en Marsala Bi	Bratwurst	Vegetable Lasagna
Vegetables Vegetables Soup Salad Fresh Fruit Fresh Fruit <b>8</b> <b>Chicken Adobo</b> Brown rice Brown Rice Vegetables Soup Salad	Pasta		auerkraut	Garlic Bread
Soup Fresh Fruit Salad Fresh Fruit Fresh Fruit <b>8</b> <b>Chicken Adobo</b> Brown rice Brown Rice Vegetables Soup Salad	Vegeta		Roasted Potatoes	Ganic bread
Fresh Fruit  Fresh Fruit	Soup		alad	Soup/Salad
8 Chicken Adobo Brown rice Vegetables Soup Soup Salad	Fresh F		resh Fruit	Fresh Fruit/Dessert
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Brown rice Brown Rice Vegetables Soup Salad	9	10	11	12
Vegetables Soup Salad	Hunga		Potato Onion Frittata	Fish Picatta
Soup Salad	Pasta	Ve	/egetables	Roasted Potatoes
	Vegeta			Vegetables
	Soup		alad	Soup/Salad
Fresh Fruit Fresh Fruit	Fresh F	Fruit Fr	resh Fruit	Fresh Fruit/Dessert
15	16	17	18	3 19
Spinach Ravioli Brazilian Fish Stew			rish Stew & Garlic Bread	Spaghetti & Meatballs
Mixed Vegetables Basmati Rice	Potato			Vegetables
Vegetables	Vegeta			- egetae.ee
Soup Salad	Soup		alad	Soup/Salad
Fresh Fruit Fresh Fruit	Fresh F		resh Fruit	Fresh Fruit/Dessert
			RSVP <sub>25</sub>	
22	23	24		20
Chefs' Choice Vegetable Curry &	_		Aleat Loaf & Gravy	Chicken Tikka Masala
Venison Shepard's Pie	Brown		Aashed Potatoes	Brown Rice
Soup Salad	Vegeta		/egetables	Vegetables
Fresh Fruit Fresh Fruit	Sour	C.	222	Soup/Salad
	Soup Froch F		alad Froch Fruit	Soup/Salad Fresh Fruit/Dessort
RSV P <sub>29</sub>	Soup Fresh F		alad resh Fruit	Soup/Salad Fresh Fruit/Dessert

## **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, April 4** Spring Dance with The Thom Cuneo Jazz Band
- Thursday, April 25 Birthday Bash with The Thom Cuneo Jazz Band
- Monday, April 29 Chef's Special Lunch promptly served at 12:00pm 831-375-4454 ask for the Front Desk

## LUNCHEON MUSICIANS

- Wednesdays Dr. Glynn (jazz guitar)
- April 1, 8, 15 & 22 Lilia Narducci
- April 2, 16 & 30 Glenn Leon-Guerrero (vocals & keyboard)
- April 4 & 25\* The Thom Cuneo Jazz Band
- April 5 & 19 Bob Phillips (piano)
- April 12 & 26 Curtis Williams (piano)
- April 23 Old Flannel Pajamas

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.