



MEALS ON WHEELS OF THE MONTEREY PENINSULA

# APRIL LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Pork Cassoulet</b> Vegetables  Soup Fresh Fruit  <b>1</b>	<b>Chicken Eggroll</b> Fried Rice  Salad Fresh Fruit  <b>2</b>	<b>Meatloaf &amp; Gravy</b> Mashed potatoes Vegetables Soup Fresh Fruit  <b>3</b>	<b>Roasted Vegetables &amp; Garlic Dijon Sauce</b> Roasted potatoes Salad Fresh Fruit  <b>4</b>	<b>Fish Fillet &amp; Mango Salsa</b> Roasted Potatoes Creamed Spinach Soup/Salad Fresh Fruit/Dessert  <b>5</b>
<b>Chinese Style Braised Beef</b> Brown Rice Vegetables Soup Fresh Fruit  <b>8</b>	<b>Salmon Fillet</b> Orzo Pilaf Vegetables Salad Fresh Fruit  <b>9</b>	<b>Chicken Marsala</b> Pasta Vegetables Soup Fresh Fruit  <b>10</b>	<b>Bratwurst</b> Sauerkraut Roasted Potatoes Salad Fresh Fruit  <b>11</b>	<b>Vegetable Lasagna</b> Garlic Bread  Soup/Salad Fresh Fruit/Dessert  <b>12</b>
<b>Chicken Adobo</b> Brown rice Vegetables Soup Fresh Fruit  <b>15</b>	<b>Chili Verde</b> Brown Rice  Salad Fresh Fruit  <b>16</b>	<b>Hungarian Goulash</b> Pasta Vegetables Soup Fresh Fruit  <b>17</b>	<b>Potato Onion Frittata</b> Vegetables  Salad Fresh Fruit  <b>18</b>	<b>Fish Picatta</b> Roasted Potatoes Vegetables Soup/Salad Fresh Fruit/Dessert  <b>19</b>
<b>Spinach Ravioli</b> Mixed Vegetables  Soup Fresh Fruit  <b>22</b>	<b>Brazilian Fish Stew</b> Basmati Rice Vegetables Salad Fresh Fruit  <b>23</b>	<b>BBQ Chicken</b> Potatoes Vegetables Soup Fresh Fruit  <b>24</b>	<b>Irish Stew &amp; Garlic Bread</b>  Salad Fresh Fruit  <b>25</b>	<b>Spaghetti &amp; Meatballs</b> Vegetables  Soup/Salad Fresh Fruit/Dessert  <b>26</b>
<b>Chefs' Choice</b> Venison Shepard's Pie  Soup Fresh Fruit  <b>29</b>	<b>Vegetable Curry &amp; Tofu</b>  Salad Fresh Fruit  <b>30</b>	<b>Teriyaki Salmon Bites</b> Brown Rice Vegetables Soup Fresh Fruit  <b>1</b>	<b>Meat Loaf &amp; Gravy</b> Mashed Potatoes Vegetables Salad Fresh Fruit  <b>2</b>	<b>Chicken Tikka Masala</b> Brown Rice Vegetables Soup/Salad Fresh Fruit/Dessert  <b>3</b>

# 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

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## LUNCHEON MUSICIANS

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- 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



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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.