

MEALS PROVIDED BY MEALS ON WHEELS OF THE MONTEREY PENINSULA –MARCH 2010

Marina Community Center
211 Hillcrest Ave.
384-6009

Monterey Senior Center
Lighthouse at Dickman
646-3878

Oldemeyer Center
986 Hilby Ave., Seaside
899-6809

Sally Griffin Active Living Center
700 Jewell Ave., Pacific Grove
375-4454

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BBQ CHICKEN Cole Slaw Mixed Vegetables Egg Noodles Fresh Seasonal Fruit 1	PORK CHOPS Vegetable Soup Peas & Carrots Wild Rice Apple Sauce 2	FISH FAJITAS w/Tortilla Green Salad Black Beans w/ Salsa Spanish Rice Tapioca Pudding 3	HAM Vegetable Soup Baked Beans Corn Bread Jello 4	KRAB CAKES Spinach Salad Peas w/ Pearl Onions Au Gratin Potatoes Brownies 5
FISH WITH LEMON & TARTAR SAUCE Baked Potatoes Green Salad Mixed Veggies Fresh Fruit 8	GINGER BEEF Mushroom Soup Veggie Blend Brown Rice Cookies 9	BBQ RIBS Cole Slaw Broccoli Baked Potatoes Cheesecake 10	SLOPPY JOES Vegetable Soup Green Beans Baby Carrots Fruit Cobbler 11	SWEDISH MEATBALLS Beet & Onion Salad Italian Veggie Blend New Potatoes Vanilla Pudding 12
CANNELONI Green Salad Vegetable Medley Garlic Bread Fresh Fruit 15	BAKED FISH Split Pea Soup Zucchini Couscous Chocolate Pudding 16	CORNERED BEEF & CABBAGE Potatoes Green Salad Carrots Cookies & Jello 17	APPLE PORK CHOPS Cream of Broccoli Soup Green Beans w/ Pimento Egg Noodles Apple Cobbler 18	CHICKEN CAESAR SALAD Vegetable Garnish Whole Grain Roll Chocolate Mousse 19
BREADED FISH Cole Slaw Californian Vegetables Potato Wedges Fresh Seasonal Fruit 22	EGG ROLLS Won Ton Soup Green Beans Fried Rice Pudding 23	KRAB CAKES Beets & Onions Salad Mixed Vegetables Wild Rice Fruit Cocktail 24	SPAGHETTI AND MEATBALLS Minestrone Soup Italian Veggie Blend Garlic Bread Jello 25	TURKEY & GRAVY Mashed Potatoes & Stuffing Spinach Salad Green Beans Cake 26
CHICKEN MONTEREY Salad Parmesan Noodles Broccoli Fresh Fruit 29	GROUND BEEF SOFT TACOS Lettuce & Tomato Black Beans & Spanish Rice Fruit Salad 30	FISH WITH LEMON & TARTAR SAUCE Baked Potatoes Green Salad Mixed Veggies Cookies 31	SAUSAGE w/ BRAISED RED CABBAGE Cream of Broccoli Soup Greens w/ Onion Cornbread Apricots APR 1	<p style="text-align: center;"><i>MENU SUBJECT TO CHANGE</i></p> <p style="text-align: center;"><i>2% MILK SERVED WITH EACH MEAL</i></p>

24-HOUR RESERVATIONS ARE STRONGLY SUGGESTED FOR ALL DINING SITES.

Non-senior guests are charged \$6 per meal. A donation of \$3.00 per Senior (over 60 years) is suggested.