

MEALS PROVIDED BY MEALS ON WHEELS OF THE MONTEREY PENINSULA – JANUARY 2012

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
CLOSED NEW YEAR'S DAY HOLIDAY 2	CHEESEBURGER with BUN Tomato & Lettuce Mixed Veggies Potato Wedges Fruit 3	SALISBURY STEAK Green Salad Cauliflower & Carrots Wild Rice Pudding 4	ROAST PORK Cream of Celery Soup Mashed Potatoes Zucchini Squash Cheesecake 5	BBQ CHICKEN Spinach Salad Parmesan Noodles Carrots Cake 6
FISH Coleslaw Californian Vegetables Potato Wedges Fresh Seasonal Fruit 9	BEEF BURGUNDY Barley Soup Egg Noodles Carrots Chocolate Pudding 10	SLOPPY JOE'S w/ TURKEY on bun Green Salad Zucchini Potato Wedges Apple Cobbler 11	SWEET & SOUR PORK Cream of Broccoli Soup Green Beans w/ Pimento Rice Jello 12	CHICKEN MONTEREY Lettuce & Tomato Salad Carrots Noodles Baked Apples 13
CLOSED MARTIN LUTHER KING'S BIRTHDAY 16	EGG ROLLS Asian Cole Slaw Green Beans Fried Rice Pudding 17	BEEF SOFT SHELL TACOS Lettuce & Tomato Salad Spanish Rice Black Beans Jello 18	HERBED CHICKEN Tomato Soup Mixed Vegetables Red Potatoes Fruit Cocktail 19	SWEDISH MEATBALLS Green Salad Italian Veggie Blend Egg Noodles Vanilla Pudding 20
BAKED CHICKEN Spinach Salad Parmesan Noodles Broccoli Fresh Fruit 23	FISH WITH LEMON & TARTAR SAUCE Vegetable Soup Baked Potatoes Mixed Veggies Fruit Salad 24	CANNELONI Green Salad Vegetable Medley Garlic Bread Fruit Crisp 25	SALISBURY STEAK Mushroom Soup Lettuce & Tomato Sweet Potato Fries Pudding 26	TURKEY & GRAVY Mashed Potatoes & Stuffing Spinach Salad Succotash Cake 27
APPLE PORK CHOPS Three Bean Salad Californian Vegetables Couscous Fresh Fruit 30	KRAB CAKES Potato Leek Soup Brown Rice Broccoli Apple Sauce 31	BEEF STROGANOFF Green Salad Steamed Baby Carrots Parslied Noodles Vanilla Pudding Feb 1	VEGGIE LASAGNA Cream of Broccoli Soup Zucchini Squash Garlic Bread Cookies Feb 2	TERIYAKI CHICKEN Spinach Salad Snow Peas Fried Rice Jello Feb 3

24-HOUR RESERVATIONS ARE STRONGLY SUGGESTED. MENU SUBJECT TO CHANGE. 2% MILK SERVED WITH EACH MEAL.

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