



MEALS PROVIDED BY MEALS ON WHEELS OF THE MONTEREY PENINSULA

HOME DELIVERED MEALS LUNCH MENU

JUNE 831.375.4454 MOWMP.ORG



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BBQ Meatballs Rice Vegetables PB&J Salad Fresh Fruit 1	Pork Pozole Vegetables Rice Roast Beef Sandwich Soup Fresh Fruit 2	Rockfish Patty with Green Goddess Dressing Rice, Vegetables BBQ Chicken Sandwich Salad Fresh Fruit 3	Chicken Chili Brown Rice Ham & Egg Sandwich Soup Fresh Fruit 4	Spaghetti Primavera Vegetables Chicken Curry Salad Sandwich Soup Fresh Fruit 5
Spinach Ravioli Vegetables Pastrami Sandwich Salad Fresh Fruit 8	Hungarian Beef Goulash Pasta Vegetables Caprese Sandwich Soup Fresh Fruit 9	Italian Braised Pork Pasta Vegetables Philly Cheese Steak Salad Fresh Fruit 10	Teriyaki Salmon Bites Rice Vegetables Smoked Salmon Salad Sandwich Soup Fresh Fruit 11	Chicken Marsala Pasta Vegetables Chicken Caesar Salad Soup Fresh Fruit 12
Chicken Tamale Rice Vegetables Roast Beef Sandwich Salad Fresh Fruit 15	Swedish Meatballs Pasta Vegetables Turkey Ruban Salad Fresh Fruit 16	Fish Stew Veracruz Rice Chicken Parm Sandwich Salad Fresh Fruit 17	Chili Verde Rice Tuna Salad Sandwich Soup Fresh Fruit 18	Fettuccine Alfredo Pasta Vegetables Chicken Pesto Soup Fresh Fruit 19
Mushroom Stroganoff Pasta Vegetables Salami & Cheese Sandwich Salad Fresh Fruit 22	Blackened Rock Cod with Alfredo Sauce Pasta, Vegetables Ham & Egg Sandwich Soup Fresh Fruit 23	Pork Chop & Apricot Glaze Potatoes Vegetables Salmon Burger Salad Fresh Fruit 24	Meatloaf Potatoes Vegetables Cuban Pork Sandwich Soup Fresh Fruit 25	BBQ Chicken Potatoes Vegetables Italian Pasta Salad Soup Fresh Fruit 26
Chicken Tikka Masala Rice Vegetables Ham & Cheese Sandwich Salad Fresh Fruit 29	Beef Fajita Rice Refried Beans Herb Chicken Salad Sandwich Soup Fresh Fruit 30	Fish Fillet with Lemon Butter Cream Sauce Potatoes, Vegetables Turkey Cranberry Sandwich Salad Fresh Fruit 1	BBQ Pulled Pork Potatoes Vegetables Breaded Chicken Sandwich Soup Fresh Fruit 2	Three Bean Chili Rice Egg Salad Sandwich Soup Fresh Fruit 3