



# MEALS PROVIDED BY MEALS ON WHEELS OF THE MONTEREY PENINSULA

## HOME DELIVERED MEALS LUNCH MENU

### APRIL 831.375.4454 MOWMP.ORG



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Salmon Patty &amp; Pico De Gallo</b> Spanish Rice Vegetables <b>PB&amp;J</b> Salad Fresh Fruit 30	<b>German Bratwurst</b> Potato Vegetables <b>Roast Beef Sandwich</b> Soup Fresh Fruit 31	<b>Beef Stew</b> Bread Roll  <b>Tuna Salad Sandwich</b> Salad Fresh Fruit 1	<b>Ratatouille</b> Rice  <b>Curried Chicken Salad Sandwich</b> Soup Fresh Fruit 2	<b>Chicken Fettuccine</b> Vegetables  <b>Hawaiian Chicken Salad Sandwich</b> Soup Fresh Fruit 3
<b>Beef Steak &amp; Mushroom Gravy</b> Potatoes Vegetables <b>Turkey Sandwich</b> Salad Fresh Fruit 6	<b>Herb Crusted Fish Fillet</b> Rice  <b>Caprese Sandwich</b> Soup Fresh Fruit 7	<b>Italian Braised Pork</b> Pasta Vegetables <b>Egg Salad Sandwich</b> Salad Fresh Fruit 8	<b>Teriyaki Chicken Bites</b> Rice Vegetables <b>Salami &amp; Cheese Sandwich</b> Soup Fresh Fruit 9	<b>Vegetable Spring Roll</b> Fried Rice  <b>Caesar Salad</b> Soup Fresh Fruit 10
<b>Spinach Ravioli</b> Vegetables  <b>Ham &amp; Cheese Sandwich</b> Salad Fresh Fruit 13	<b>Pork Chop &amp; Apricot Glaze</b> Potatoes Vegetables <b>Turkey Cranberry Sandwich</b> Salad Fresh Fruit 14	<b>Beef Bourguignon</b> Potatoes Vegetables <b>Eggplant Parmesan Sandwich</b> Salad Fresh Fruit 15	<b>Fish Fillet &amp; Mango Salsa</b> Rice  <b>Egg Salad Sandwich</b> Soup Fresh Fruit 16	<b>Chicken Parmesan</b> Pasta Vegetables <b>Herbed Chicken Salad Sandwich</b> Soup Fresh Fruit 17
<b>Pork Cassoulet</b> Vegetables  <b>Turkey Pastrami Sandwich</b> Salad Fresh Fruit 20	<b>Chicken Tamale</b> Rice  <b>Tuna Salad Sandwich</b> Soup Fresh Fruit 21	<b>Spaghetti with Meat Sauce</b> Pasta Vegetables <b>Chicken Pesto Sandwich</b> Salad Fresh Fruit 22	<b>Rockfish Patty &amp; Green Goddess</b> Rice Vegetables <b>Peanut Butter &amp; Banana Sandwich</b> Soup Fresh Fruit 23	<b>Mushroom Stroganoff</b>  <b>Cobb Salad &amp; Blue Cheese</b> Soup Fresh Fruit 24
<b>Spaghetti Primavera</b>  <b>PB&amp;J</b> Salad Fresh Fruit 27	<b>Salmon Patty &amp; Pico De Gallo</b> Spanish Rice Vegetables <b>Roast Beef Sandwich</b> Soup Fresh Fruit 28	<b>BBQ Meatballs</b> Rice Vegetables <b>BBQ Chicken Sandwich</b> Salad Fresh Fruit 29	<b>Pork Pozole</b> Vegetables Rice <b>Ham &amp; Egg Sandwich</b> Soup Fresh Fruit 30	<b>BBQ Chicken</b> Potatoes Vegetables <b>Chicken Curry Salad Sandwich</b> Soup Fresh Fruit 1