MEALS PROVIDED BY MEALS ON WHEELS OF THE MONTEREY PENINSULA

HOME DELIVERED MEALS LUNCH MENU

NOVEMBER

831.375.4454 MOWMP.ORG

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Swedish Meatballs Pasta Vegetables **Roast Beef Sandwich** Salad Fresh Fruit **2**	**Bean & Cheese Burrito** Rice Vegetables **Ham & Cheese Sandwich** Soup Fresh Fruit **3**	**Chicken Tikka** Rice Vegetables **Pastrami Sandwich** Salad Fresh Fruit **4**	**Cassoulet** Vegetables **Chicken Parmesan Sandwich** Soup Fresh Fruit **5**	**Fish Fillet Au Vierge** Potato Vegetables **Italian Pasta Salad** Soup Fresh Fruit **6**
Hungarian Goulash Pasta Vegetables **PB&J** Salad Fresh Fruit **9**	**Eggplant lentil Stew** Rice **Turkey Avocado Sandwich** Soup Fresh Fruit **10**	**Chicken Chili** Rice **Eggplant Parmesan Sandwich** Salad Fresh Fruit **11**	**Spaghetti & Meat Sauce** Pasta Vegetables **Egg & Tomato Sandwich** Soup Fresh Fruit **12**	**Fish Fillet Mango Salsa** Rice Vegetables **Herb Chicken Salad Sandwich** Soup Fresh Fruit **13**
Chicken Adobo Rice Vegetables **Turkey Swiss Sandwich** Salad Fresh Fruit **16**	**Teriyaki Salmon** Rice Vegetables **Philly Cheese Steak** Salad Fresh Fruit **17**	**Braised Pork** Polenta Vegetables **Sesame Chicken Salad Sandwich** Salad Fresh Fruit **18**	**Meatloaf** Potato Vegetables **Egg Salad Sandwich** Soup Fresh Fruit **19**	**Mushroom Stroganoff** Pasta Vegetables **Cobb Salad** Soup Fresh Fruit **20**
Eggplant Parmesan Pasta Vegetables **Ham & Cheese Sandwich** Salad Fresh Fruit **23**	**Chinese Braised Beef** Rice Vegetables **PB&J** Soup Fresh Fruit **24**	**Turkey Gravy** Potatoes Vegetables **Chicken Pesto Sandwich** Salad Fresh Fruit **25**	 **26**	**Old Bay Fish Fillet** Rice Vegetables **Tuna Salad Sandwich** Soup Fresh Fruit **27**
BBQ Chicken Rice Vegetables **Salami Sandwich** Salad Fresh Fruit **30**	**Moussaka** Potato Vegetables **Caprese Sandwich** Soup Fresh Fruit **1**	**Fettuccine Alfedo** Vegetables **Hawaiian Chicken Salad Sandwich** Salad Fresh Fruit **2**	**Chili Verde** Rice **Ham & Egg Sandwich** Soup Fresh Fruit **3**	**Herb Fish Fillet** Rice Vegetables **Turkey Pastrami Sandwich** Soup Fresh Fruit **4**