



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 BBQ Pork Rib Patty, Whole Wheat Bun, Paprika Potatoes, Green Beans, Cinnamon Apples	3 Lemon Baked Chicken Breast, Oven Striped Potatoes, Irish Blend Veggies, Diced Pears, WW Dinner Roll	4 Sloppy Joes, WW Bun, Parsley Potatoes, 3- Bean Salad, Iced Banana Cake	5 Salisbury Steak & Gravy, Sautéed Peppers, Baked Potato, Beats, WW Roll, Fresh-baked Sugar Cookie	6 Italian Sausage, Whole Wheat Bun, Potato Salad, Peas & Carrots, Mandarin Oranges
9 Roasted Turkey Breast, Mashed Potatoes & Gravy, Carrots, Pineapple Chunks Whole Wheat Roll	10 Swedish Meatballs & Gravy, Whole Gr Rotini, Peas, Orange and Whole Wheat Roll	11 Chicken Stir Fry, Whole Gr Br Rice, Mandarin Oranges, Whole Gr Roll, Chocolate Chip Cookie	12 Chili Con Carne & Beans, Noodles, Southern Corn Bread, Tropical Fruit, Gelatin Cake	13 Beef & Cheese Lasagna, Garden Salad w/Italian Dressing, Bread Stick, Rice Pudding
16 Brown Sugar Glazed Pork Ham, Mashed Sweet Potatoes, Broccoli, WW Roll, Banana Pudding	17 Rotini in Italian Sauce, Broccoli & Cauliflower, Whole Gr Roll, Crispy Rice Treat	18 Stuffed Peppers, Kettle Blend Mixed Vegetables, Whole Gr Roll, Fudge Brownie	19 Pulled Chicken, Parsley Noodles, Cole Slaw, Mandarin Oranges, WW Bread, Carrot Cake	20 Beef Patty w/Peppers & Onions, Mashed Potatoes & Gravy, Cabbage, Fruit, Snickerdoodle Cookie
23 Marinated Boneless Chicken Breast w/Italian Sauce, Whole Grain Rotini, Broccoli, Peaches, Bread Stick	24 Baked Pork, Mashed Potatoes & Gravy, Cabbage, WW Bread, Strawberries, Pink Cake	25 Beef Patty, WW Hamburger Bun, Lyonnais Potatoes, Peas, Orange, Fudge Brownies	26 Roasted Turkey Breast, Parsley Potatoes w/Gravy, Vegetables, WW Bread, Chocolate Pudding	27 Chicken Ala King, Bakery Bisquit, Carrots, Tropical Fruit
30 BBQ Pork Rib Patty, Whole Wheat Bun, Paprika Potatoes, Green Beans, Cinnamon Apples	31 Lemon Baked Chicken Breast, Oven Striped Potatoes, Irish Blend Veggies, Diced Pears,	Meals on Wheels Placer County: (530) 878-5718 Meals are delivered Monday through Friday, except on holidays. Delivery times may vary		

Lunches provide 1/3 of the recommended dietary allowance for healthy adults 60+. Menus are planned with your health in mind!

ATTENTION:

*Please store your meal in the refrigerator if not eaten immediately

*Discard the meal after 3 days

*When reheating your meal please follow these instructions:

MICROWAVE- Heat 1-2 minutes on high. Check meal & reheat 1-2 minutes if needed.

OVEN- Preheat oven to 250°F. Heat meal for 15-20 minutes until it reaches 165°F.

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