

Meals on Wheels

Choice 2 - Vegetarian Entree

March 2020

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FOR SENIORS 60 YEARS AND OLDER		Chef's Choice Meals are for weekend clients Vegetarian Meals on Mondays		
Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Menu is subject to change without notice.</i></p> <p><i>All meals include 8 oz. low fat milk, fruit, wheat roll.</i></p>	<p><i>It costs \$7.00 to produce each meal.</i></p> <p><i>A \$4.00 donation per meal is suggested, but any amount is appreciated.</i></p>			
<p>2</p> <p>Stir Fry Tofu Bowl Steamed Cauliflower</p>	<p>3</p> <p>Broccoli Quiche Italian Vegetables Peas and Carrots</p>	<p>4</p> <p>Penne Pasta Can Can Sauce Seasoned Zucchini</p>	<p>5</p> <p>Mushroom and Lentil Bake Whipped Sweet Potatoes Seasoned Spinach</p>	<p>6</p> <p>Green Pea Farro Risotto Broccoli and Carrots Sautéed Red Peppers</p>
<p>9</p> <p>Quinoa Stir Fry Black Bean Tofu Asian Vegetables</p>	<p>10</p> <p>Spring Vegetables Paella Oven Roasted Beets Normandy Blend Vegetables</p>	<p>11</p> <p>Sweet and Sour Tofu Bowl Brown Rice Carrots</p>	<p>12</p> <p>Macaroni and Cheese Mushrooms Seasoned Zucchini</p>	<p>13</p> <p>Pasta Primavera Italian Vegetables</p>
<p>16</p> <p>Italian Frittata Three Bean Salad Carrot and Raisin Salad</p>	<p>17</p> <p>St Patrick's Tofu & Cabbage Carrots & Red Potato Happy St Patrick's Day</p>	<p>18</p> <p>Indian Cous Cous Normandy Vegetables Peas and Carrots</p>	<p>19</p> <p>Asparagus Risotto Seasoned Spinach Parsnips & Celery Roots</p>	<p>20</p> <p>Vegetable Chili Mac Sweet Potato Summer Squash</p>
<p>23</p> <p>Herb Crusted Tofu Mashed Sweet Potato Brussel Sprouts</p>	<p>24</p> <p>Pad Thai Rice Stir Fry Vegetables Roasted Beets</p>	<p>25</p> <p>Veggie Burger Spinach Pesto Pasta Mixed Vegetables</p>	<p>26</p> <p>Linguini Roasted Vegetables Capri Blend Vegetables</p>	<p>27</p> <p>Kale & White Bean Rigatoni Normandy Blend Vegetables Roasted Butternut Squash</p>
<p>30</p> <p>Zucchini Tostadas Pinto, Black Beans Corn & Zucchini</p>	<p>31</p> <p>Quinoa Stuffed Peppers Corn and Black Beans Capri Blend Vegetables</p>			