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| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
|  |  |  | **1**  **NEW: BEEF STEW**  Polenta  Peas  Fruit Cocktail | **2**  **NEW: MEDITERRANEAN CHICKEN WITH TZATZIKI SAUCE**  Quinoa  Green Beans  Warm Cinnamon Apples  Lemon Bar |
| **5**  **HONEY GARLIC CHICKEN**  Herbed Quinoa  Corn  Pineapple  Cookie | **6**  **POT ROAST AND GRAVY**  Mashed Potatoes  Vegetable Medley Blend  Dinner Roll and Butter | **7**  **SPAGHETTI WITH MEAT SAUCE**  Broccoli  Warm Cinnamon Peaches  Cookie | **8**  **ROSEMARY CHICKEN**  Roasted Potatoes  Beets  Warm Cinnamon Pears  Dinner Roll with Butter | **9**  **PORK STIR FRY**  Brown Rice  Peas  Sliced Apples  Cookie  ***Alt*: Chicken Stir Fry** |
| **12**  **CHICKEN AND GRAVY**  Cous Cous  Vegetable Medley Blend  Warm Cinnamon Peaches  Dessert | **13**  **BEEF MEATLOAF**  Mashed Potatoes  Carrots  Dinner Roll with Butter  Fruit Cocktail | **14**  **TUNA CASSEROLE**  Whole Wheat Egg Noodles  Green Beans  Warm Cinnamon Peaches  Cookie  ***Alt*: Chicken Casserole** | **15**  **NEW: BBQ TURKEY BOWL**  Brown Rice  Roasted Sweet Potatoes  Vegetarian Baked Beans  Pineapple | **16**  **BEEF LASAGNA**  Broccoli  Cookie |
| **19**  **PARMESAN CRUSTED FISH**  Brown and Wild Rice Pilaf  California Vegetable Blend  Cookie  ***Alt*: Parmesan Chicken** | **20**  **BBQ BEEF SANDWICH**  Peas and Carrots  Sliced Apples  Multigrain Bun | **21**  **SWEET AND SOUR CHICKEN**  Fried Rice  Green Beans  Fresh Fruit Cup | **22**  **GARLIC PARMESAN PORK**  Herbed Quinoa  Mashed Sweet Potatoes  Green Beans  Warm Cinnamon Pears  ***Alt*: Garlic Chicken** | **23**  **NEW: CHICKEN PENNE PARMA ROSA PASTA**  Peas  Fruit Cocktail  Cookie |
| **26**  **NEW: FISH TACO BOWL**  Brown Rice  Pico de Gallo  Corn  Cookie  ***Alt*: Chicken Taco Bowl** | **27**  **BEEF SLOPPY JOE**  Mashed Potatoes  Carrots  Multigrain Bun  Peaches | **28**  **NEW: GINGER & HONEY GLAZED PORK**  Brown Rice  Broccoli  Pineapple  Dessert  ***Alt*: Ginger & Honey Glazed Chicken** | **29**  **BEEF STROGANOFF**  Whole Wheat Egg Noodles  Peas  Pears | **30**  **ROAST TURKEY WITH GRAVY**  Stuffing  Green Beans  Dessert |

**To contact Meals on Wheels, call 651-318-9091. Beverage choice of milk or juice is served with every meal.**

**Call to order weekend meals. Monthly choice meals are:**

1. Chicken with Swiss & Mushrooms 3) Vegetarian Lasagna
2. Beef Pot Roast with Gravy 4) Parmesan Crusted Fish

\*For Roseville Area residents, see Roseville Meals on Wheels Menu at: [www.isd623.org/community/communityed/seniors/meals-wheels](http://www.isd623.org/community/communityed/seniors/meals-wheels)