



## City of Pacifica Meals on Wheels Lunch Program

Meals are delivered by volunteers between 11 am-12:30 pm.  
\$3.50 is the suggested donation. No eligible individual shall be denied participation because of failure or inability to contribute.

\* >1000 mg. sodium



### JANUARY 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> <b>CLOSED FOR NEW YEARS</b>	<b>3</b> <b>CABBAGE ROLL*</b> Mashed Potatoes Mixed Vegetables Peaches Whole Wheat Bread	<b>4</b> <b>CHICKEN APPLE SAUSAGE</b> Mashed Potatoes Glazed Carrots Pears Whole Wheat Bread	<b>5</b> <b>BAKED COD W/ LEMON</b> Steam Potatoes Peas & Carrots Strawberries Whole Wheat Bread	<b>6</b> <b>DIJON ROAST PORK LOIN</b> Scalloped Potatoes Orange Beets Apple Sauce Whole Wheat Bread
<b>9</b> <b>ASIAN ORANGE CHICKEN</b> Steamed Rice Oriental Mixed Veg. Mandarin Oranges Whole Wheat Bread	<b>10</b> <b>MACARONI &amp; CHEESE with HAM*</b> Three Bean Salad Spinach Orange Wedges Blueberry Muffin	<b>11</b> <b>CHICKEN JERUSALEM</b> Confetti Rice Broccoli Pears Whole Wheat Bread	<b>12</b> <b>HOT ROAST BEEF SANDWICH</b> Garlic Mashed Green Beans Peaches Whole Wheat Bread	<b>13</b> <b>GRILLED CRAB* SANDWICH</b> Tapioca Pudding Cole Slaw Apricots Whole Wheat Bread
<b>16</b> <b>CLOSED FOR MLK BIRTHDAY</b>	<b>17</b> <b>MEAT LASAGNA</b> Mixed Green Salad Ginger Carrots Orange Wedges Garlic Bread	<b>18</b> <b>ITALIAN SAUSAGE* AND PEPPERS</b> Polenta Cole Slaw Pears Whole Wheat Bun	<b>19</b> <b>CHEESE BURGER</b> Sweet Potato Wedges Green Beans Mandarin Oranges Whole Wheat Bun	<b>20</b> <b>CHICKEN ENCHILADA CASSEROLE*</b> Refried Beans Broccoli Fruit Cocktail Whole Wheat Tortilla
<b>23</b> <b>TURKEY TETRAZZINI*</b> Whole Wheat Pasta Spinach Oranges Garlic Bread	<b>24</b> <b>HUNGARIAN BEEF GOULASH</b> Brown Rice Mixed Vegetables Mandarin Oranges Whole Wheat Bread	<b>25</b> <b>SWEDISH MEATBALLS*</b> Spiral Noodles Cauliflower & Pimentos Perfection Salad Whole Wheat Bread	<b>26</b> <b>CHICKEN APRICOT</b> Brown Rice Pilaf Broccoli Fruit Cocktail Whole Wheat Bread	<b>27</b> <b>CHINESE NEW YEAR PORK EGG ROLL*</b> Fried Rice Oriental Mix Veg. Mandarin Oranges Whole Wheat Bread
<b>30</b> <b>BAKED CHICKEN w/ COUNTRY GRAVY</b> Mashed Potatoes Peas Peaches Whole Wheat Bread	<b>31</b> <b>CREAMED BEEF ON TOAST</b> Three Bean Salad Peas & Carrots Mandarin Oranges Whole Wheat Bread	Area Agency on Aging PROHIBITS DISCRIMINATION IN ALL OF ITS PROGRAMS & ACTIVITIES ON THE BASIS OF: Race, color, national origin, gender, religion, age, disability, political belief, sexual orientation, marital or family status. Pacifica Senior Nutrition and Transportation programs are sponsored in part by the Area Agency on Aging. Food substitutions may be necessary. All pasta used is whole wheat. All bread is whole wheat or whole grain.		



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FEBRUARY 2017				
Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> <b>COQ AU VIN</b> Brussels Sprouts Brown Rice Orange Wedges Whole Wheat Bread	<b>2</b> <b>REUBEN SANDWICH*</b> Carrot & Raisin Salad Broccoli Fruit Cocktail Whole Wheat Bread	<b>3 SUPERBOWL PARTY</b> <b>JUMBO BEEF*</b> <b>HOT DOG</b> Chili Beans Cole Slaw Orange Wedges Whole Wheat Bun
<b>6</b> <b>CABBAGE ROLL*</b> Mashed Potatoes Mixed Veg. Peaches Whole Wheat Bread	<b>7</b> <b>GRILLED PORK CHOP</b> Baked Sweet Potato Zucchini Apple Sauce Whole Wheat Bread	<b>8</b> <b>CHICKEN CACCIATORE</b> Polenta Green Beans Mandarin Oranges Whole Wheat Bread	<b>9</b> <b>BEEF STEW</b> Mashed Potatoes Peas Fruit Cocktail Whole Wheat Bread	<b>10</b> <b>BAKED SWAI with PANKO HERB TOPPING</b> Brown Rice Pilaf Green Bean Orange Wedges Whole Wheat Bread
<b>13</b> <b>PRUNE &amp; OLIVE CHICKEN*</b> Curried Rice Broccoli Florets Apricots Whole Wheat Bread	<b>14 VALENTINE'S DAY</b> <b>DIJON ROAST PORK LOIN</b> Scalloped Potatoes Orange Beets Apple Sauce Wheat Bread	<b>15</b> <b>CHICKEN APPLE SAUSAGE</b> Mashed Potatoes Glazed Carrots Pears Whole Wheat Bread	<b>16</b> <b>SPAGHETTI &amp; MEAT SAUCE</b> Three Bean Salad Cauliflower Fruit Cocktail Whole Wheat Bread	<b>17</b> <b>SOY GLAZED TILAPIA*</b> Steamed Potatoes Zucchini Mandarin Oranges Whole Wheat Bread
<b>20</b> <b>CLOSED FOR PRESIDENTS' DAY</b>	<b>21</b> <b>MACARONI &amp; CHEESE with HAM*</b> Three Bean Salad Spinach Orange Wedges Blueberry Muffin	<b>22</b> <b>CHICKEN JERUSALEM</b> Confetti Rice Broccoli Pears Whole Wheat Bread	<b>23</b> <b>HOT ROAST BEEF SANDWICH</b> Garlic Mashed Green Beans Peaches Whole Wheat Bread	<b>24</b> <b>GRILLED CRAB* SANDWICH</b> Tapioca Pudding Cole Slaw Apricots Whole Wheat Bread
<b>27</b> <b>BAKED HAM* w/ RAISIN SAUCE</b> Mashed Potatoes Green Beans Tangerine Whole Wheat Bread	<b>28 MARDI GRAS JAMBALAYA</b> Spinach Mandarin Oranges Garlic Bread	Area Agency on Aging PROHIBITS DISCRIMINATION IN ALL OF ITS PROGRAMS & ACTIVITIES ON THE BASIS OF: Race, color, national origin, gender, religion, age, disability, political belief, sexual orientation, marital or family status. Pacifica Senior Nutrition and Transportation programs are sponsored in part by the Area Agency on Aging. Food substitutions may be necessary. All pasta used is whole wheat. All bread is whole wheat or whole grain.		