MEALS ON WHEELS OF THE MONTEREY PENINSULA

OCTOBER LUNCH MENU

The Dining Room is open Monday - Friday • 11:00am - 1:00pm Table service 11:45am - 12:30pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Spinach Ravioli Vegetables Soup/Salad Fresh Fruit/Dessert ***Music - Lilia*** 28	**Salmon Patty & Pico De Gallo** Rice Vegetables Soup/Salad Fresh Fruit/Dessert ***House Music*** 29	**Beef & Broccoli** Rice Soup/Salad Fresh Fruit/Dessert ***House Music*** 30	**Sweet & Sour Pork** Rice Soup/Salad Fresh Fruit/Dessert ***Music - Bill & Karen*** 1	**Chicken Tikka** Rice Vegetables Soup/Salad Fresh Fruit/Dessert ***Music - Curtis Williams*** 2
Chicken Fettuccine Pasta Vegetables Soup/Salad Fresh Fruit/Dessert ***Music - Lilia*** 5	**Green Goddess Fish Fillet** Rice Vegetables Soup/Salad Fresh Fruit/Dessert ***Music - Glenn Leon-Guerrero*** 6	**Beef Chili** Rice Soup/Salad Fresh Fruit/Dessert ***House Music*** 7	**Pork Pozole** Rice Vegetables Soup/Salad Fresh Fruit/Dessert ***Music - Bill & Karen*** 8	**Ratatouille** Rice Soup/Salad Fresh Fruit/Dessert ***Music - Curtis Williams*** 9
HOLIDAY Closed 12	**Old Bay Spiced Fish Fillet** Rice Vegetables Soup/Salad Fresh Fruit/Dessert ***Music - Glenn Leon-Guerrero*** 13	**Spaghetti & Meatballs** Vegetables Soup/Salad Fresh Fruit/Dessert ***House Music*** 14	**Italian Braised Pork** Pasta Vegetables Soup/Salad Fresh Fruit/Dessert ***Music - Bill & Karen*** 15	**BBQ Chicken** Potatoes Vegetables Soup/Salad Fresh Fruit/Dessert ***Music - Curtis Williams*** 16
Vegetable Spring Roll Rice Vegetables Soup/Salad Fresh Fruit/Dessert ***Music - Lilia*** 19	**Chicken Marsala** BIRTHDAY BASH RSVP ***Music - It's Just Us Jazz Quartet*** 20	**Chinese Braised Beef** Rice Vegetables Soup/Salad Fresh Fruit/Dessert ***House Music*** 21	**Pork Chili Verde** Rice Soup/Salad Fresh Fruit/Dessert ***Music - Bill & Karen*** 22	**Rock Cod with Pesto Cream** Pasta Vegetables Soup/Salad Fresh Fruit/Dessert ***Music - Curtis Williams*** 23
Chicken Tamale Rice Vegetable Soup/Salad Fresh Fruit/Dessert ***Music - Lilia*** 26	CHEF'S CHOICE HALLOWEEN LUNCHEON RSVP ***House Music*** 27	**Three Bean Chili** Rice Soup/Salad Fresh Fruit/Dessert ***House Music*** 28	**Braised Pork** Polenta **Vegetables** Soup/Salad Fresh Fruit/Dessert ***Music - Old Flannel Pajamas*** 29	**BBQ Meatballs** Potatoes Vegetables Soup/Salad Fresh Fruit/Dessert ***House Music*** 30

Voluntary contribution of **$3 per Senior (60 years & over)** is suggested for those in the Senior Nutrition Program. **Guests** are required to pay a fee of **$7.50 per meal**. No eligible individual shall be denied participation because of failure or inability to contribute.

RSVP

Seating is limited & reservations are required. Please **RSVP** at the front desk.

**Daily Menus are subject to Change.*

MON	TUE	WED	THU	FRI
8 - 9am Walk for Health 9 - 10am Circuit Training 10 - 11am Lite Aerobics & Balance 10 - 12:00am Tech Support by appt 12:30 - 3pm Textile Arts 1 - 3pm Ping Pong 2:40 - 3:40pm Light Conditioning 28	8 - 9am Strength & Balance 9 - 10am Strength & Balance 9:30 - 10:10am Movement to Music 10 - 11:30am Tech Support by appt 10:30 - 11:30am Ping Pong 12 - 1pm Yoga & Fitness Training 29	8 - 9am Walk for Health 8:30 - 10am Market Day 9 - 10am Circuit Training 10 - 11am Lite Aerobics & Balance 10 - 11:30am Tech Support by appt 2 - 3pm Tai Chi for Arthritis 30	8 - 9am Strength & Balance 9 - 10am Strength & Balance 9:30 - 10:10am Movement to Music 10 - 11:30am Tech Support 10:30 - 1:30pm Ping Pong 2:30 - 3:30pm Tai Chi 24 Forms 1	8 - 9am Walk for Health 9 - 10am Circuit Training 10 - 11am Lite Aerobics & Balance 12 - 2pm Tech Support by appt 12:30 - 1:30pm Ping Pong 12:30 - 3pm Game Day 5 - 7pm CCAA Reception 2
8 - 9am Walk for Health 9 - 10am Circuit Training 10 - 11am Lite Aerobics & Balance 10 - 12:00am Tech Support by appt 12:30 - 3pm Textile Arts 1 - 3pm Ping Pong 2:40 - 3:40pm NO Light Conditioning 5	8 - 9am Strength & Balance 9 - 10am Strength & Balance 9:30 - 10:10am Movement to Music 10 - 11:30am Tech Support by appt 10:15 - 11:15am Cup Half Full 10:30 - 11:30am Ping Pong 12 - 1pm Yoga & Fitness Training 6	8 - 9am Walk for Health 8:30 - 9:15am Produce Truck 8:30 - 10am Market Day 9 - 10am Circuit Training 10 - 11am Lite Aerobics & Balance 10 - 11:30am Tech Support by appt 2 - 3pm Tai Chi for Arthritis 7	8 - 9am Strength & Balance 9 - 10am Strength & Balance 9:30 - 10:10am Movement to Music 10 - 11:30am Tech Support 10:30 - 1:30pm Ping Pong 1:30 - 2:30pm Friends of MOWMP 2:30 - 3:30pm Tai Chi 24 Forms 8	8 - 9am Walk for Health 9 - 10am Circuit Training 9 - 3pm AOA Tax Prep 10 - 11am Lite Aerobics & Balance 12 - 2pm Tech Support by appt 12:30 - 1:30pm Ping Pong 12:30 - 3pm Game Day 9
HOLIDAY Closed 12	8 - 9am NO Strength & Balance 9 - 10am NO Strength & Balance 9:30 - 10:10am Movement to Music 10 - 11:30am Tech Support by appt 10:30 - 11:30am Ping Pong 12 - 1pm Yoga & Fitness Training 1 - 3pm Knit & Purl 13	8 - 9am Walk for Health 8:30 - 10am Market Day 9 - 10am NO Circuit Training 10 - 11am NO Lite Aerobics & Balance 10 - 11:30am Tech Support by appt 2 - 3pm Tai Chi for Arthritis 14	8 - 9am NO Strength & Balance 9 - 10am NO Strength & Balance 9:30 - 10:10am Movement to Music 10 - 11:30am NO Tech Support by appt 10:30 - 1:30pm Ping Pong 11:00 - 12:30pm My Well-Being 2:30 - 3:30pm Tai Chi 24 Forms 15	8 - 9am Walk for Health 8 - 11am Treasure Sale 9 - 10am NO Circuit Training 10 - 11am NO Lite Aerobics & Balance 12 - 2pm Tech Support by appt 12:30 - 1:30pm Ping Pong 12:30 - 3pm Game Day 16
8 - 9am Walk for Health 9 - 10am Circuit Training 10 - 11am Lite Aerobics & Balance 10 - 12:00am Tech Support by appt 12:30 - 3pm Textile Arts 1 - 3pm Ping Pong 2:40 - 3:40pm Light Conditioning 19	8 - 9am Strength & Balance 9 - 10am Strength & Balance 9:30 - 10:10am Movement to Music 10 - 11:30am Tech Support by appt 10:15 - 11:15am Cup Half Full 10:30 - 11:30am NO Ping Pong 12 - 1pm Yoga & Fitness Training 1 - 3pm Golden Connections 3 - 4pm Golden Girls Village 20	8 - 9am Walk for Health 8:30 - 9:15am Produce Truck 8:30 - 10am Market Day 9 - 10am Circuit Training 10 - 11am Lite Aerobics & Balance 10 - 11:30am NO Tech Support by appt 1:00 - 3:30pm AOA Medicare Counseling 2 - 3pm Tai Chi for Arthritis 21	8 - 9am Strength & Balance 9 - 10am Strength & Balance 9:30 - 10:10am Movement to Music 10 - 11:30am Tech Support by appt 10:30 - 11:30am Arthritis 101 10:30 - 1:30pm Ping Pong 11:00 - 12:30pm My Well-Being 2:30 - 3:30pm Tai Chi 24 Forms 22	8 - 9am Walk for Health 9 - 10am Circuit Training 10 - 11am Lite Aerobics & Balance 12 - 2pm Tech Support by appt 12:30 - 1:30pm Ping Pong 12:30 - 3pm Game Day 23
8 - 9am Walk for Health 9 - 10am Circuit Training 10 - 11am Lite Aerobics & Balance 10 - 12:00am Tech Support by appt 12:30 - 3pm Textile Arts 1 - 3pm Ping Pong 2:40 - 3:40pm NO Light Conditioning 26	8 - 9am Strength & Balance 9 - 10am Strength & Balance 9:30 - 10:10am Movement to Music 10 - 11:30am Tech Support by appt 10:30 - 11:30am Ping Pong 12 - 1pm Yoga & Fitness Training 27	8 - 9am Walk for Health 8:30 - 10am Market Day 9 - 10am Circuit Training 10 - 11am Lite Aerobics & Balance 10 - 11:30am Tech Support by appt 1:00 - 3:30pm AOA Medicare Counseling 2 - 3pm Tai Chi for Arthritis 28	8 - 9am Strength & Balance 9 - 10am Strength & Balance 9:30 - 10:10am Movement to Music 10 - 11:30am Tech Support by appt 10:30 - 1:30pm Ping Pong 11:00 - 12:30pm My Well-Being 2:30 - 3:30pm Tai Chi 24 Forms 29	8 - 9am Walk for Health 9 - 10am Circuit Training 10 - 11am Lite Aerobics & Balance 12 - 2pm Tech Support by appt 12:30 - 1:30pm Ping Pong 12:30 - 3pm Game Day 30

OCTOBER 2026 Events, Programs, & Classes

■ Community Center Member ■ PG Adult School ■ Open to the Public

Meals on Wheels Community Center • 700 Jewell Ave., Pacific Grove, CA
MOWCOMMUNITYCENTER.ORG • 831.375.4454