





MEALS ON WHEELS OF THE MONTEREY PENINSULA

# JUNE LUNCH MENU

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BBQ Meatballs</b> Rice & Vegetables Soup/Salad Fresh Fruit/Dessert  <i>Music - Lilia</i> 1	<b>Pork Pozole</b> Rice & Vegetables Soup/Salad Fresh Fruit/Dessert  <i>Music - Glenn Leon-Guerrero</i> 2	<b>Rockfish Patty with Green Goddess Dressing</b> Vegetables Soup/Salad Fresh Fruit/Dessert  <i>Music - Dr. Glynn</i> 3	<b>Chicken Chili</b> Brown Rice Soup/Salad Fresh Fruit/Dessert  <i>Music - Bill &amp; Karen</i> 4	<b>Spaghetti Primavera</b> Vegetables Soup/Salad Fresh Fruit/Dessert  <i>Music - Curtis Williams</i> 5
<b>Spinach Ravioli</b> Vegetables Soup/Salad Fresh Fruit/Dessert  <i>Music - Lilia</i> 8	<b>Hungarian Beef Goulash</b> Pasta & Vegetables Soup/Salad Fresh Fruit/Dessert  <i>House Music</i> 9	<b>Italian Braised Pork</b> Pasta & Vegetables Soup/Salad Fresh Fruit/Dessert  <i>Music - Dr. Glynn</i> 10	<b>Teriyaki Salmon Bites</b> Rice & Vegetables  <i>Music - Bill &amp; Karen</i> 11	<b>Chicken Marsala</b> Pasta & Vegetables Soup/Salad Fresh Fruit/Dessert  <i>Music - Curtis Williams</i> 12
<b>Chicken Tamale</b> Rice & Vegetables Soup/Salad Fresh Fruit/Dessert  <i>Music - Lilia</i> 15	<b>Swedish Meatballs BIRTHDAY BASH</b>  <i>Music - It's Just Us Jazz Quartet</i> 16	<b>Fish Stew Veracruz</b> Rice Soup/Salad Fresh Fruit/Dessert  <i>Music - Dr. Glynn</i> 17	<b>Chili Verde</b> Rice Soup/Salad Fresh Fruit/Dessert  <i>Music - Old Flannel Pajamas</i> 18	<b>Fettuccine Alfredo</b> Pasta & Vegetables Soup/Salad Fresh Fruit/Dessert  <i>Music - Curtis Williams</i> 19
<b>Mushroom Stroganoff</b> Pasta & Vegetables Soup/Salad Fresh Fruit/Dessert  <i>Music - Lilia</i> 22	<b>CHEF'S CHOICE SPECIAL LUNCHEON</b>  <i>House Music</i> 23	<b>Pork Chop &amp; Apricot Glaze</b> Potatoes & Vegetables Soup/Salad Fresh Fruit/Dessert  <i>Music - Dr. Glynn</i> 24	<b>Meatloaf</b> Potatoes, Vegetables Soup/Salad Fresh Fruit/Dessert  <i>Music - Bill &amp; Karen</i> 25	<b>BBQ Chicken</b> Potatoes, Vegetables Soup/Salad Fresh Fruit/Dessert  <i>Music - Curtis Williams</i> 26
<b>Chicken Tikka Masala</b> Rice & Vegetables Soup/Salad Fresh Fruit/Dessert  <i>Music - Lilia</i> 29	<b>Beef Fajita</b> Refried Beans & Rice Soup/Salad Fresh Fruit/Dessert  <i>Music - Glenn Leon-Guerrero</i> 30	<b>Fish Fillet with Lemon Butter Cream Sauce</b> Potatoes, Vegetables Soup/Salad Fresh Fruit/Dessert  <i>Music - Dr. Glynn</i> 1	<b>BBQ Pulled Pork</b> Potatoes, Vegetables Soup/Salad Fresh Fruit/Dessert  <i>House Music</i> 2	

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.



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 12:30 - 3pm Textile Arts 1 - 3pm Ping Pong 2:40 - 3:40pm Light Conditioning 01	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 The Cup is Half Full 10:30 - 11:30am Ping Pong 12 - 1pm Yoga & Fitness Training 02	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 03	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 2:30 - 3:30pm Tai Chi 24 Forms 04	8 - 9am Walk for Health 9 - 10am Circuit Training 10 - 11am Lite Aerobics & Balance 12:30 - 1:30pm Ping Pong 2:30 - 3pm Game Day 05
8 - 9am Walk for Health 9 - 10am Circuit Training 10 - 11am Lite Aerobics & Balance 12:30 - 3pm Textile Arts 1 - 3pm Ping Pong 2:40 - 3:40pm Light Conditioning 08	8 - 9am Strength & Balance 8 - 11am Treasure Sale 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 12:30 - 2:30pm My Well-Being 09	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 10	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 1:30pm - 3pm Friends of MOWMP 2:30 - 3:30pm Tai Chi 24 Forms 11	8 - 9am Walk for Health 9 - 10am Circuit Training 9am - 3pm AOA Tax Prep by appt 10 - 11am Lite Aerobics & Balance 12 - 2pm Tech Support by appt 12:30 - 1:30pm Ping Pong 2:30 - 3pm Game Day 12
8 - 9am Walk for Health 12:30 - 3pm Textile Arts 1 - 3pm Ping Pong 2:40 - 3:40pm Light Conditioning 15	9:30 - 10:10am Movement to Music 10 - 11:30am Tech Support by appt 10:15 - 11:15am The Cup is Half Full 10:30 - 11:30am Ping Pong 12 - 1pm Yoga & Fitness Training 12:30 - 2:30pm My Well-Being 16	8 - 9am Walk for Health 8:30 - 9:15am Produce Truck 8:30 - 10am Market Day 10 - 11:30am Tech Support by appt 2 - 3pm Tai Chi for Arthritis 17	9:30 - 10:10am Movement to Music 10 - 11:30am Tech Support by appt 2:30 - 3:30pm Tai Chi 24 Forms 18	8 - 9am Walk for Health 12 - 2pm Tech Support by appt 12:30 - 1:30pm Ping Pong 2:30 - 3pm Game Day 19
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