



MEALS ON WHEELS OF THE MONTEREY PENINSULA

DECEMBER LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Vegetable Spring Roll Fried Rice Soup/Salad Fresh Fruit/Dessert 1	Fish Fillet Au Vierge Potatoes Soup/Salad Fresh Fruit/Dessert 2	Pork Chili Verde Rice Soup/Salad Fresh Fruit/Dessert 3	Chinese Style Braised Beef Rice Vegetables Soup/Salad Fresh Fruit/Dessert 4	Chicken Pozole Brown Rice Soup/Salad Fresh Fruit/Dessert 5
Herb Crusted Fish Fillet Rice Vegetables Soup/Salad Fresh Fruit/Dessert 8	Bean and Cheese Burrito Mexican Rice Vegetables Soup/Salad Fresh Fruit/Dessert 9	Meatloaf & Gravy Potatoes Vegetables Soup/Salad Fresh Fruit/Dessert 10	Beef Bourguignon Vegetable Soup/Salad Fresh Fruit/Dessert 11	Chicken Tikka Masala Rice Vegetables Soup/Salad Fresh Fruit/Dessert 12
German Bratwurst Potatoes Vegetables Soup/Salad Fresh Fruit/Dessert 15	Spaghetti with Meat Sauce Vegetables Soup/Salad Fresh Fruit/Dessert 16	Brazilian Fish Stew Basmati Rice Soup/Salad Fresh Fruit/Dessert 17	Orange Chicken Brown Rice  Soup/Salad Fresh Fruit/Dessert 18	Three Bean Chili Rice Soup/Salad Fresh Fruit/Dessert 19
Sweet & Sour Pork Rice Turkey Pastrami Sandwich Soup/Salad Fresh Fruit/Dessert 22	Eggplant Parmesan Pasta Vegetables Reuben Sandwich Soup/Salad Fresh Fruit/Dessert 23	Spaghetti & Meatballs Vegetables Chicken Caesar salad Soup/Salad Fresh Fruit/Dessert 24	 CLOSED 25	Chicken Tamale Mexican Rice Teriyaki Chicken Sandwich Soup/Salad Fresh Fruit/Dessert 26
CHEFS' CHOICE  Prime Rib, Mash Potatoes, Winter Vegetables, and Cheese Cake 29	BBQ Pulled Pork Potatoes Vegetables Soup/Salad Fresh Fruit/Dessert 30	Chicken Parmesan Pasta Vegetables Soup/Salad Fresh Fruit/Dessert 31	 CLOSED 1	Fettuccine Alfredo Vegetables Soup/Salad Fresh Fruit/Dessert 2

 - RESERVATIONS ARE REQUIRED

*PLEASE NOTE: DAILY MENUS ARE SUBJECT TO CHANGE

LUNCHEON NEWS

GROUP DINING

The Dining Room is open Monday - Friday from 11:00am - 1:00pm

Table service 11:45am - 12:30pm



Reservations are required for the following dates:*

December 18* • Birthday Bash with It's Just Us

December 29* • Chef's Special Lunch promptly served at 12:00pm

831-375-4454 ask for the Front Desk

LUNCHEON MUSICIANS

Mondays	• Lilia (piano)
December 3, 10 & 17	• Dr. Glynn (jazz guitar)
December 4 & 11	• Bill & Karen (bass guitar & piano)
December 5	• Bob Phillips (piano)
December 9 & 23	• Glenn Leon-Guerrero (vocals & keyboard)
December 12 & 26	• Curtis Williams (piano)
December 16	• The Old Flannel Pajamas
December 18	• It's Just Us - a jazz quintet
December 24	• Ron Friedman (flute & keyboard)

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.



Q: Did you hear about the snowman in the market with the carrots?
A: He got caught picking his nose.