



# MEALS ON WHEELS OF THE MONTEREY PENINSULA

# FEBRUARY LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Chicken Tamale</b> Rice Vegetables  Soup/Salad Fresh Fruit/Dessert 2	<b>Asian Style Fish Fillet</b> Rice  Soup/Salad Fresh Fruit/Dessert 3	<b>Pork Pozole</b> Mexican Rice  Soup/Salad Fresh Fruit/Dessert 4	<b>Beef Steak &amp; Mushroom Gravy</b> Potatoes Vegetables  Soup/Salad Fresh Fruit/Dessert 5	<b>Vegetable Spring Roll</b> Rice  Soup/Salad Fresh Fruit/Dessert 6
<b>Bean &amp; Cheese Burrito</b> Rice Vegetable  Soup/Salad Fresh Fruit/Dessert 9	<b>Fish Fillet with Mango Salsa</b> Rice  Soup/Salad Fresh Fruit/Dessert 10	<b>Chili Verde</b> Rice  Soup/Salad Fresh Fruit/Dessert 11	<b>Moussaka</b> Vegetables  Soup/Salad Fresh Fruit/Dessert 12	<b>Herb &amp; Garlic Chicken</b> Basmati Rice Pilaf Mixed Vegetables  Soup/Salad Fresh Fruit/Dessert 13
 <b>WE WILL BE CLOSED</b> <b>PRESIDENTS' DAY</b> MONDAY, FEBRUARY 16	<b>Chicken Parmesan</b> Pasta & Vegetables  <b>RSVP</b> Soup/Salad Fresh Fruit/Dessert 17	<b>Beef Stew</b> Bread Roll  Soup/Salad Fresh Fruit/Dessert 18	<b>Fish Fillet &amp; Lemon Butter</b> Rice  Soup/Salad Fresh Fruit/Dessert 19	<b>Fettuccine Alfredo</b> Vegetables  Soup/Salad Fresh Fruit/Dessert 20
<b>Spinach Ravioli</b> Vegetable  Soup/Salad Fresh Fruit/Dessert 23	<b>CHEF'S CHOICE</b>    <b>RSVP</b> 24	<b>Three Bean Chili</b> Rice  Soup/Salad Fresh Fruit/Dessert 25	<b>Spaghetti &amp; Meatballs</b> Vegetables  Soup/Salad Fresh Fruit/Dessert 26	<b>Sweet &amp; Sour Chicken</b> Brown Rice  Soup/Salad Fresh Fruit/Dessert 27

**RSVP** - 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:\*

February 17*	• Birthday Bash with It's Just Us
February 24*	• Chef's Special Lunch promptly served at 12:00pm

831-375-4454 ask for the Front Desk

## LUNCHEON MUSICIANS

• Mondays	• Lilia
• Fridays	• Curtis Williams
• February 5, 19 & 26	• Bill & Karen (bass guitar & piano)
• February 10 & 19	• Glenn Leon-Guerrero (vocals & keyboard)
• February 17	• It's Just Us - a jazz quartet

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: What did the bacon say to the tomato on Valentine's Day?  
A: Lettuce be together!