







MEALS ON WHEELS OF THE MONTEREY PENINSULA

FEBRUARY LUNCH MENU

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



- 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!