






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

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 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 1 - 3pm Medicare Counseling 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 10:30am - 1:30pm Ping Pong 2:30 - 3:30pm Tai Chi 24 Forms 04	8 - 9am Walk for Health 9 - 10am Circuit Training 9am - 3pm AOA Tax Prep by appt 10 - 11am Lite Aerobics & Balance 12:30 - 1:30pm Ping Pong 12:30 - 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 1 - 3pm Medicare Counseling 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 10:30am - 1:30pm Ping Pong 1:30 - 3pm Friends of MOWMP 2:30 - 3:30pm Tai Chi 24 Forms 11	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 1 - 2pm String Beading 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 - 11am Don't Get Fooled 10 - 11:30am Tech Support by appt 10:15 - 11:15am The Cup is Half Full 12 - 1pm Yoga & Fitness Training 12:30 - 2:30pm My Well-Being 1 - 3pm Golden Connections 16	8 - 9am Walk for Health 8:30 - 9:15am Produce Truck 8:30 - 10am Market Day 10 - 11:30am Tech Support by appt 1 - 3pm Medicare Counseling by appt 2 - 3pm Tai Chi for Arthritis 17	9:30 - 10:10am Movement to Music 10 - 11:30am Tech Support by appt 10:30am - 1:30pm Ping Pong 1:30 - 2:30pm Friends of MOWMP 2:30 - 3:30pm Tai Chi 24 Forms 18	8 - 9am Walk for Health 9am - 3pm AOA Tax Prep by appt 12 - 2pm Tech Support by appt 12:30 - 1:30pm Ping Pong 1 - 2pm String Beading 12:30 - 3pm Game Day 19
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