MEALS ON WHEELS OF THE MONTEREY PENINSULA

NOVEMBER LUNCH MENU

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Swedish Meatballs Pasta Vegetables Soup/Salad Fresh Fruit/Dessert ***Music - Lilia*** **2**	**Bean & Cheese Burrito** Rice Vegetables Soup/Salad Fresh Fruit/Dessert ***House Music*** **3**	**Chicken Tikka** Rice Vegetables Soup/Salad Fresh Fruit/Dessert ***House Music*** **4**	**Cassoulet** Vegetables Soup/Salad Fresh Fruit/Dessert ***Music - Bill & Karen*** **5**	**Fish Fillet Au Vierge** Potato Vegetables Soup/Salad Fresh Fruit/Dessert ***Music - Curtis Williams*** **6**
Hungarian Goulash Pasta Vegetables Soup/Salad Fresh Fruit/Dessert ***Music - Lilia*** **9**	**Eggplant Lentil Stew** Rice Soup/Salad Fresh Fruit/Dessert ***Music - Glenn Leon-Guerrero*** **10**	**Chicken Chili** Rice Soup/Salad Fresh Fruit/Dessert ***House Music*** **11**	**Spaghetti & Meat Sauce** Pasta Vegetables Soup/Salad Fresh Fruit/Dessert ***Music - Bill & Karen*** **12**	**Fish Fillet Mango Salsa** Rice Vegetables Soup/Salad Fresh Fruit/Dessert ***Music - Curtis Williams*** **13**
Chicken Adobo Rice Vegetables Soup/Salad Fresh Fruit/Dessert ***Music - Lilia*** **16**	**Teriyaki Salmon** **BIRTHDAY BASH** BIRTHDAY BASH RSVP ***Music - It's Just Us Jazz Quartet*** **17**	**Braised Pork** Polenta Vegetables Soup/Salad Fresh Fruit/Dessert ***House Music*** **18**	**Meatloaf** Potato Vegetables Soup/Salad Fresh Fruit/Dessert ***Music - Old Flannel Pajamas*** **19**	**Mushroom Stroganoff** Pasta Vegetables Soup/Salad Fresh Fruit/Dessert ***Music - Curtis Williams*** **20**
Eggplant Parmesan Pasta Vegetables Soup/Salad Fresh Fruit/Dessert ***Music - Lilia*** **23**	**Chinese Braised Beef** Rice Vegetables Soup/Salad Fresh Fruit/Dessert ***Music - Glenn Leon-Guerrero*** **24**	**Turkey & Gravy** **CHEF'S CHOICE SPECIAL LUNCHEON** RSVP **25**	Closed Happy Thanksgiving **26**	**Old Bay Fish Fillet** Rice Vegetables Soup/Salad Fresh Fruit/Dessert ***Music - Curtis Williams*** **27**
BBQ Chicken Rice Vegetables Soup/Salad Fresh Fruit/Dessert ***Music - Lilia*** **30**	**Moussaka** Potato Vegetables Soup/Salad Fresh Fruit/Dessert ***House Music*** **1**	**Fettuccine Alfedo** Vegetables Soup/Salad Fresh Fruit/Dessert ***House Music*** **2**	**Chili Verde** Rice Soup/Salad Fresh Fruit/Dessert ***Music - Bill & Karen*** **3**	**Herb Fish Fillet** Rice Vegetables Soup/Salad Fresh Fruit/Dessert ***House Music*** **4**

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.

RSVP

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 10 - 12:00am Tech Support by appt 12:30 - 3pm Textile Arts 1 - 3pm Ping Pong 2:40 - 3:40pm Light Conditioning 2	9:30 - 10:10am Movement to Music 10:15 - 11:15am Cup Half Full 10:30 - 11:30am Ping Pong 12 - 1pm Yoga & Fitness Training 12:15pm - 2:15pm Tech Support 3	8 - 9am Walk for Health 8:30 - 10am Market Day 8:30 - 9:15am Produce Truck 9 - 10am Circuit Training 10 - 11am Lite Aerobics & Balance 10 - 11:30am NO Tech Support by appt 2 - 3pm Tai Chi for Arthritis 4	9:30 - 10:10am Movement to Music 10 - 11:30am NO Tech Support 10:30 - 1:30pm Ping Pong 11:00 - 12:30pm My Well-Being 2:30 - 3:30pm Tai Chi 24 Forms 5	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 12:30 - 3pm Game Day 5 - 7pm CCAA Reception 6
8 - 9am Walk for Health 9 - 10am Circuit Training 10 - 11am Lite Aerobics & Balance 10 - 12:00am Tech Support by appt 12:30 - 3pm Textile Arts 1 - 3pm Ping Pong 2:40 - 3:40pm Light Conditioning 9	9:30 - 10:10am Movement to Music 10:30 - 11:30am Ping Pong 12 - 1pm Yoga & Fitness Training 12:15pm - 2:15pm Tech Support 1 - 3pm Knit & Purl 10	8 - 9am Walk for Health 8:30 - 10am Market Day 9 - 10am NO Circuit Training 10 - 11am NO Lite Aerobics & Balance 10 - 11:30am NO Tech Support by appt 2 - 3pm Tai Chi for Arthritis 11	9:30 - 10:10am Movement to Music 10 - 11:30am NO Tech Support 10:30 - 1:30pm Ping Pong 2:30 - 3:30pm Tai Chi 24 Forms 12	8 - 12pm Knitter's annual sale 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 12:30 - 3pm Game Day 13
8 - 9am Walk for Health 9 - 10am Circuit Training 10 - 11am Lite Aerobics & Balance 10 - 12:00pm Tech Support by appt 12:30 - 3pm Textile Arts 1 - 3pm Ping Pong 2:40 - 3:40pm Light Conditioning 16	9:30 - 10:10am Movement to Music 10:15 - 11:15am Cup Half Full 10:30 - 11:30am NO Ping Pong 12 - 1pm Yoga & Fitness Training 12:15pm - 2:15pm Tech Support 1 - 3pm Golden Connections 3 - 4pm Golden Girls Village 17	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 18	9:30 - 10:10am Movement to Music 10 - 11:30am NO Tech Support 10:30 - 1:30pm Ping Pong 1:30 - 2:30pm Friends of MOWMP 2:30 - 3:30pm Tai Chi 24 Forms 19	8 - 9am Walk for Health 8 - 11am Treasure Sale 9 - 10am Circuit Training 10 - 11am Lite Aerobics & Balance 12 - 2pm Tech Support by appt 12:30 - 1:30pm Ping Pong 12:30 - 3pm Game Day 20
8 - 9am Walk for Health 9 - 10am Circuit Training 10 - 11am Lite Aerobics & Balance 10 - 12:00am Tech Support by appt 12:30 - 3pm Textile Arts 1 - 3pm Ping Pong 2:40 - 3:40pm Light Conditioning 23	9:30 - 10:10am Movement to Music 10:30 - 11:30am Ping Pong 12 - 1pm Yoga & Fitness Training 12:15pm - 2:15pm Tech Support 24	8 - 9am Walk for Health 8:30 - 10am Market Day 9 - 10am NO Circuit Training 10 - 11am NO Lite Aerobics & Balance 10 - 11:30am NO Tech Support by appt 2 - 3pm Tai Chi for Arthritis 25	 26	8 - 9am Walk for Health 9 - 10am NO Circuit Training 10 - 11am NO Lite Aerobics & Balance 12 - 2pm Tech Support by appt 12:30 - 1:30pm Ping Pong 12:30 - 3pm Game Day 27
8 - 9am Walk for Health 9 - 10am Circuit Training 10 - 11am Lite Aerobics & Balance 10 - 12:00am Tech Support by appt 12:30 - 3pm Textile Arts 1 - 3pm Ping Pong 2:40 - 3:40pm Light Conditioning 30	9:30 - 10:10am Movement to Music 10:30 - 11:30am Ping Pong 12 - 1pm Yoga & Fitness Training 12:15pm - 2:15pm Tech Support 1	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 2	9:30 - 10:10am Movement to Music 10 - 11:30am NO Tech Support 10:30 - 1:30pm Ping Pong 2:30 - 3:30pm Tai Chi 24 Forms 3	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 12:30 - 3pm Game Day 4

NOVEMBER 2026 Events, Programs, & Classes ■ Community Center Member ■ PG Adult School ■ Open to the Public

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