

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Curried Chicken over brown rice Mixed veget./Cauliflower 1 Pkg. Graham Crackers Whole wheat bread Orange juice	<b>2</b> Tuna Noodle casserole Spinach Stewed tomatoes 1 Pkg. Graham Crackers Applesauce Banana	<b>3</b> Beef Steak & onion w/ gravy Mashed potatoes Green beans Whole wheat bread Applesauce Banana	<b>4</b> Santa Fe chicken over brown rice Refried beans Chuckwagon blend Whole wheat bread Banana	<b>5</b> BBQ Pork riblet Baked beans Spinach Whole wheat bread Orange/pineapple juice
<b>8</b> Chicken Parmesan Green beans Corn Whole wheat bread Applesauce	<b>9</b> Vegetarian Chili w/cheese Corn Carrots Whole wheat bread Banana	<b>10</b> BBQ Chicken over brown rice Mashed potatoes Spinach Whole wheat bread Banana	<b>11</b> <b>Chicken Primavera over rotini</b> <b>Green beans</b> <b>Carrots</b> <b>Whole wheat bread</b> Banana	<b>12</b> Shredded pork & salsa Brown rice Carrots Black beans 1 Pkg. Graham Crackers Orange/pineapple juice
<b>15</b> Chicken enchiladas Southwest Succotash Peas & Red Peppers Whole wheat bread Applesauce	<b>16</b> Spanish Tuna w/ rice Spinach / Cali blend 1 Pkg. Graham Crackers Whole wheat bread Banana Applesauce	<b>17</b> Sweet & Sour Chicken over brown rice Asian blend veggies Peas Whole wheat bread Banana	<b>18</b> Chicken Fettucini Carrots Peas Whole wheat bread Orange/Pineapple juice	<b>19</b> <b>No Regular Delivery</b> Turkey mole w/ rice MexiCorn Cauliflower 1 Pkg. Graham Crackers Whole wheat bread Banana
<b>22</b> Turkey Noodle casserole Broccoli Mixed vegetables Whole wheat bread Banana	<b>23</b> Teriyaki meatballs over brown rice Carrots Green beans Whole wheat bread Orange/Pineapple juice	<b>24</b> Pescado a la Mexicana over rice Zucchini / Corn 1 Pkg Graham Crackers Whole wheat bread Orange juice	<b>25</b> Chicken Cacciatore and rotini Spinach Mixed vegetables Whole wheat bread Banana	<b>26</b> Glazed Turkey ham Sweet potatoes French-Cut green beans Whole wheat bread Applesauce Banana
<b>29</b> Veget. Beef Stroganoff Egg noodles Carrots / Peas Whole wheat bread Applesauce Banana	<b>30</b> Breaded Fish over brown rice Broccoli Mixed vegetables Whole wheat bread Applesauce	<b>DELIVERY HOURS ARE:</b> <b>NORTH COUNTY 10:00 - 2:00</b> <b>SOUTH COUNTY 10:30-2:30</b> <b>YOU MAY NOT RECEIVE YOUR DELIVERY AT THE SAME TIME EVERY WEEK.</b> <b>IF YOU HAVE NOT RECEIVED YOUR DELIVERY BY 2:00 P.M. CALL 831 464-3180 EXT. 100</b>		



FOR QUESTIONS ABOUT YOUR MEALS DELIVERY, INCLUDING CANCELLATIONS CALL 831 464-3180 EXT. 100

CONTRIBUTIONS:  
Please mail contributions to:  
Meals on Wheels  
Fiscal Office / A.R.  
519 Main St.  
Watsonville, CA 95076

There is no obligation to contribute. No one will be denied meals if he or she is unable to make a contribution.

**BREAD AND MILK:**  
Sliced bread is delivered:  
5-meal package 4 slices  
7-meal package 6 slices

Each meal is delivered with 1/2 pint of 1% milk.

If you receive a week's supply of meals substitutions are not allowed.



**COMMUNITY BRIDGES**  
PUENTES DE LA COMUNIDAD



LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	
<b>1</b> Pollo carí en arroz café Vegetales mixtos/Coliflor 1 Pqte. Galletas Graham Pan de trigo integral Jugo de naranja	<b>2</b> Caserola de atun y fideos Espinacas Tomates herbidos 1 Pqte Galletas Graham Puré de manzana Platano	<b>3</b> Chuleta de res y aliño de cebolla Puré de papa Ejotes Pan de trigo integral Puré de manzana/ Platano	<b>4</b> Pollo Santa Fe en arroz Frijoles refritos Elote de campo Pan de trigo integral Platano	<b>5</b> Costillita asada de puerco Frijoles horneados Espinacas Pan de trigo integral Jugo de naranja / piña	TIENE PREGUNTAS? FAVOR DE LLAMAR A 831 464-3180 EXT. 100  SI TIENE PREGUNTAS DE SU ENTREGA, INCLUSO CANCELACIONES.
<b>8</b> Pollo Parmesano Ejotes Maiz de elote Pan de trigo integral Puré de manzana	<b>9</b> Frijoles picantes vegetarianos c/queso Maiz de elote Zanahorias Pan de trigo integral Platano	<b>10</b> Pollo asado en arroz café Puré de papa Espinacas Pan de trigo integral Platano	<b>11</b> Pollo estilo Primavera Zanahorias Ejotes Pan de trigo integral Platano	<b>12</b> Carne de puerco desmenuzada c/ salsa Arroz café / Zanahorias Frijoles negros 1 Pqte. Galletas Graham Jugo de naranja/piña	
<b>15</b> Enchilada de pollo Calabasa Succotash Chicharos Chile rojo Pan de trigo integral Puré de manzana	<b>16</b> Atun en salsa Española en arroz Espinacas / Mezcla Cali 1 Pqte. Galletas Graham Pan de trigo integral Platano /Puré de manzana	<b>17</b> Pollo agridulce en arroz café Vegetales mix Asiaticos Chicharos Pan de trigo integral Platano	<b>18</b> Pollo Fettucini Zanahorias Chicharos Pan de trigo integral Jugo de naranja/piña	<b>19</b> <b>No Entrega Regular</b> Pavo en mole en arroz Maiz de elote Mexicano Coliflor 1 Pqte. Galletas Graham Pan de trigo integral Platano	PAN Y LECHE: Pan rebanado es entregado: caja de 5 comidas 4 rebanadas caja de 7 comidas 6 rebanadas  Cada comida se sirve con 1/2 pinta de leche de 1%.  Si usted recibe una semana de comidas no se permiten sustituciones
<b>22</b> Caserola de pavo en fideos Brocoli Verduras mixtas Pan de trigo integral Platano	<b>23</b> Albondigas Teriyaki en arroz café Zanahorias Ejotes Pan de trigo integral Jugo de naranja / piña	<b>24</b> Pescado a la Mexicana en arroz Calabasas zucchini / Maiz 1 Pqte Galletas Graham Pan de trigo integral Jugo de naranja	<b>25</b> Pollo estilo Italiano con fideos rotini Espinacas Vegetales mixtos Pan de trigo integral Platano	<b>26</b> Jamon de pavo c/ aliño Camote Ejotes corte Frances Pan de trigo integral Puré de manzana Platano	
<b>29</b> Estroganof vegetariano Fideos de huevo Zanahorias Chicharos Pan de trigo integral Platano/Puré de manzana	<b>30</b> Pescado empanizado en arroz café Brocoli Vegetales mixtos Pan de trigo integral Puré de manzana	HORAS DE ENTREGAS SON: NORTE DEL CONDADO 10:00 a 2:00 SUR DEL CONDADO 10:30 a 2:30 NO RECIBIRA SUS ENTREGAS A LA MISMA HORA CADA SEMANA. SI NO HA RECIBIDO SU ENTREGA PARA LAS 2:00 P.M. LLAMENOS AL 831 464-3180 EXT.100			