

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



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	MIÉRCOLES	JUEVES	VIERNES	
1 Pollo carí en arroz café Vegetales mixtos/Coliflor 1 Pqte. Galletas Graham Pan de trigo integral Jugo de naranja	2 Caserola de atun y fideos Espinacas Tomates herbidos 1 Pqte Galletas Graham Puré de manzana Platano	3 Chuleta de res y aliño de cebolla Puré de papa Ejotes Pan de trigo integral Puré de manzana/ Platano	4 Pollo Santa Fe en arroz Frijoles refritos Elote de campo Pan de trigo integral Platano	5 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.
8 Pollo Parmesano Ejotes Maiz de elote Pan de trigo integral Puré de manzana	9 Frijoles picantes vegetarianos c/queso Maiz de elote Zanahorias Pan de trigo integral Platano	10 Pollo asado en arroz café Puré de papa Espinacas Pan de trigo integral Platano	11 Pollo estilo Primavera Zanahorias Ejotes Pan de trigo integral Platano	12 Carne de puerco desmenuzada c/ salsa Arroz café / Zanahorias Frijoles negros 1 Pqte. Galletas Graham Jugo de naranja/piña	
15 Enchilada de pollo Calabasa Succotash Chicharos Chile rojo Pan de trigo integral Puré de manzana	16 Atun en salsa Española en arroz Espinacas / Mezcla Cali 1 Pqte. Galletas Graham Pan de trigo integral Platano / Puré de manzana	17 Pollo agridulce en arroz café Vegetales mix Asiaticos Chicharos Pan de trigo integral Platano	18 Pollo Fettucini Zanahorias Chicharos Pan de trigo integral Jugo de naranja/piña	19 No Entrega Regular Pavo en mole en arroz Maiz de elote Mexicano Coliflor 1 Pqte. Galletas Graham Pan de trigo integral Platano	No hay obligacion de contribuir. Contribuciones son voluntarias y a nadie se le negará comidas si no puede contribuir.
22 Caserola de pavo en fideos Brocoli Verduras mixtas Pan de trigo integral Platano	23 Albondigas Teriyaki en arroz café Zanahorias Ejotes Pan de trigo integral Jugo de naranja / piña	24 Pescado a la Mexicana en arroz Calabasas zucchini / Maiz 1 Pqte Galletas Graham Pan de trigo integral Jugo de naranja	25 Pollo estilo Italiano con fideos rotini Espinacas Vegetales mixtos Pan de trigo integral Platano	26 Jamon de pavo c/ aliño Camote Ejotes corte Frances Pan de trigo integral Puré de manzana Platano	
29 Estroganof vegetariano Fideos de huevo Zanahorias Chicharos Pan de trigo integral Platano/Puré de manzana	30 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		 COMMUNITY BRIDGES PUENTES DE LA COMUNIDAD	Si usted recibe una semana de comidas no se permiten sustituciones