

## PRINTABLE POCOMO MEALS ON WHEELS MEAL SCHEDULE

**Cost:** \$5.75 each (includes delivery). Subject to change without notice

Special diets include: Diabetic, Low Cholesterol and Minced.

|    | MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY  |
|----|---|--|---|---|---|
| #1 | Daily Soup<br><b>SHEPHERD'S PIE</b><br>Steamed Vegetables<br>Strudel                        | Daily Soup<br><b>VEAL CUTLET</b><br>w/ Mushroom Sauce<br>Mashed Potatoes<br>Vegetable Medley<br>Butterscotch Pudding                   | Daily Soup<br><b>CABBAGE ROLLS</b><br>Perogies<br>Steamed Vegetables<br>Fruit Cocktail                                  | Daily Soup<br><b>BBQ CHICKEN</b><br>Wedge Potato<br>Corn<br>Jell-O                                      | Daily Soup<br><b>BAKED TERIYAKI SALMON</b><br>Rice<br>Green Beans & Cauliflower<br>Chocolate Pudding      |
| #2 | Daily Soup<br><b>BEEF STEW</b><br>Mashed Potatoes<br>Chocolate Chip Cookie                  | Daily Soup<br><b>LASAGNA</b><br>Steamed Vegetables<br>Garlic Bread<br>Banana Cake  | Daily Soup<br><b>SWEET &amp; SOUR PORK</b><br>Steamed Rice<br>Broccoli / Carrots<br>Fruit Cocktail                      | Daily Soup<br><b>BAKED HAM</b><br>Scalloped Potatoes<br>Corn<br>Peaches                                 | Daily Soup<br><b>BUTTER CHICKEN</b><br>Rice<br>Steamed Vegetables<br>Naan Bread<br>Jell-O                 |
| #3 | Daily Soup<br><b>SPAGHETTI / MEAT SAUCE</b><br>Garlic Bread<br>Steamed Vegetables<br>Grapes | Daily Soup<br><b>TURKEY SCHNITZEL</b><br>Turkey Cranberry Gravy<br>Mashed Sweet Potatoes<br>Brussels Sprouts & Carrots<br>Apple Slices | Daily Soup<br><b>SALISBURY STEAK</b><br>Onions Mushroom Gravy<br>Mashed Potatoes<br>Peas & Corn<br>Butterscotch Pudding | Daily Soup<br><b>SHEPHERD'S PIE</b><br>Steamed Vegetables<br>Vanilla Pudding                            | Daily Soup<br><b>ROASTED PORK, GRAVY</b><br>Roast Potatoes<br>Seasonal Vegetables<br>Carrot Cake          |
| #4 | Daily Soup<br><b>CABBAGE ROLLS</b><br>Perogies<br>Steamed Vegetables<br>Fruit Cocktail      | Daily Soup<br><b>MEATLOAF / TOMATO RAGOUT</b><br>Mashed Potatoes<br>Green Beans & Carrots<br>Chocolate Pudding                         | Daily Soup<br><b>CHICKEN A LA KING</b><br>Rice Pilaf<br>Vegetable Medley<br>Pineapple                                   | Daily Soup<br><b>BREADED PORK CHOP</b><br>Potatoes<br>Steamed Vegetables<br>Apple Strudel               | Daily Soup<br><b>BAKED SALMON</b><br>Lemon Cream Sauce<br>Rice<br>Ratatouille<br>Chocolate Pudding        |
| #5 | Daily Soup<br><b>HAM / APPLE COMPOTE</b><br>Scalloped Potatoes<br>Corn<br>Mandarin Oranges  | Daily Soup<br><b>HAWAIIAN MEATBALLS</b><br>Steamed Rice<br>Broccoli / Carrots<br>Fruit Cocktail  | Daily Soup<br><b>LASAGNA</b><br>Garlic Bread<br>Steamed Vegetables<br>Banana Cake                                       | Daily Soup<br><b>ROAST BEEF</b><br>Gravy<br>Mashed Potatoes<br>Vegetable Medley<br>Butterscotch Pudding | Daily Soup<br><b>HERB ROASTED CHICKEN</b><br>Roast Potatoes<br>Green Beans & Carrots<br>Chocolate Pudding |

**NOTE:** Diabetic meals have no grape or cranberry juice. Dessert is generally Fruit, Jell-O or Pudding.