

Villa Colombo Meals on Wheels Menu

Week 1				
Monday	Tuesday	Wednesday	Thursday	Friday
Vegetable Barley Soup Greek Style Boneless Chicken Green Beans Parslied Parisian Potato Italian Bun/Sliced Bread Plum OR Pasta Veal Steakette	Fussilli Primavera Sausage Patty with Peppers and Onion Peas with Onion Cauliflower Italian Bun/Sliced Bread Fresh Peach OR Stracciatella Meatballs Al Sugo	Minestrone Soup Cheese Manicotti Broccoli Italian Bun/Sliced Bread Tangerine OR Pasta Al Sugo Lemon Herb Basa	Red Lentil & Vegetable Soup Roast Chicken Summerblend Vegetable Spinach & White Bean Italian Bun/Sliced Bread Banana OR Pasta Lamb Meatloaf	Penne with Pesto Pesce with Red Sauce, Onions & Olives Romanesco Mix Vegetable Cauliflower Italian Bun/Sliced Bread Nectarine OR Pastina Roast Paprika Chicken Brussel Sprouts OR Pork Riblette Breaded Fish
Week 2				
Monday	Tuesday	Wednesday	Thursday	Friday
Fussilli Aglio Olio Stuffed Peppers PEI Blend Vegetable Roasted Paprika Potato Italian Bun Pear	Minestrone Veal Parmesan Peas & Onions Squash Italian Bun Tangerine	Timbalo Di Riso Roast Chicken Cocktail Mix Vegetable Broccoli Italian Bun Banana	Vegetable Barley Soup Meatballs Pick of the Day mix Cauliflower Italian Bun Fresh Peach	Rice, Potato & Bean Soup Breaded Fish Julienne Carrots Green Beans Italian Bun Apple

OR Chicken Noodle Soup Breaded Turkey Cutlet	OR Fussilli Primavera Lemon Fish	OR Pastina Pork Riblette	OR Cheese Tortellini Green Pepper, Mozzarella & Red Onion Frittata	OR Pasta Primavera Roast Chicken OR Lamb Burger
Week 3				
Monday	Tuesday	Wednesday	Thursday	Friday
Pasta e Fagioli Potato, Onion & Ham Frittata Italian Mixed Vegetables Cauliflower Italian Bun Peach OR Penne with Pesto Meatballs	Fussilli Aglio Olio with Peas, Onion, Bacon & Parmesan Cheese Roast Chicken Julienne Carrots Broccoli Italian Bun Plum OR Pastina Veal Steakette	Cheese Noodle Pork Riblette Peas & Onion Mash Potato Italian Bun Banana OR Pasta Primavera Breaded Fish	Tomato & Leek Risotto Breaded Turkey Cutlet California Mix Vegetable Cauliflower Italian Bun Nectarine OR Pastina Stuff Peppers	Butternut Squash Soup Basa in Lemon Sauce Broccoli Pick of the Day Italian Bun Pear OR Fussilli Al Sugo Roast Chicken OR Pulled Pork with Mash Potato Green Beans

Note:

- All vegetables are 4 oz portions size. Seasonal fruit available upon market availability.
- All proteins are 90 gms
- On Friday more than two meals ordered will receive the third choice.