

707-525-0383 - En espanol: 707-525-0143 EXT 134

FOR ANSWERS TO YOUR NUTRITION QUESTIONS CALL 707-525-0143
EXT 130 All Other Questions and Comments Call: 707-525-0383



Monthly Menu

April 2018

Choice 1 - Poultry, Seafood, Pork Entrée

Cancellation Policy: If you need to cancel your meal delivery you must do so no later than noon the day before you plan to be away - Menus subject to change without notice.

					Saturday	Sunday
Monday	Tuesday	Wednesday	Thursday	Friday	Only Clients signed up for the weekend meal program receive weekend meals. Choice meal program is not available for weekend meals	
						1 Chef's Choice Meal Milk 1% - 1/2 Pint Wheat Roll Orange
2 Chicken Mac with Mixed Veggies Wheat Roll Milk 1% - 1/2 Pint Cantaloupe Cup	3 Pork in Balsamic Cherry Sauce with Rice Pilaf and Peas Milk (cafe) 1% Wheat Roll Fruit Salad	4 Tuna Casserole with Broccoli Milk 1% - 1/2 Pint Orange Wheat Roll	5 Chicken Pasta Salad Wheat Roll Milk 1% - 1/2 Pint Honey Dew Melon Cup	6 Turkey Tetrizzini with Pasta and Seared Mushrooms<> Wheat Roll Milk 1% - 1/2 Pint Fruit	7 Chef's Choice Meal Wheat Roll Milk 1% - 1/2 Pint Kiwi	8 Chef's Choice Meal Wheat Roll Milk 1% - 1/2 Pint Orange
9 Pork Loin and Gravy with Whipped Sweet Potatoes and Veggie Mix Wheat Roll Milk 1% - 1/2 Pint Banana	10 Turkey Broccoli and Bulgar Wheat Salad Wheat Roll Milk 1% - 1/2 Pint Pineapple Cup	11 Chicken Florentine with Seasonal Vegetables Wheat Roll Milk 1% - 1/2 Pint Orange	12 Baked Fish with Lemon Dill Sauce, Steamed Brown Rice, and Broccoli Wheat Roll Milk 1% - 1/2 Pint Fruit	13 Turkey Meat Loaf With Mashed Sweet Potato and Steamed Spinach Wheat Roll Milk 1% - 1/2 Pint Fruit	14 Chef's Choice Meal Milk 1% - 1/2 Pint Wheat Roll Kiwi	15 Chef's Choice Meal Milk (cafe) 1% Wheat Roll Orange
16 Chicken Pesto Over Penne Pasta With Capri Blend Vegetables Wheat Roll Milk 1% - 1/2 Pint Orange	17 Turkey Cutlet with Gravy<> Potato Melody Seasoned Spinach Orange Wheat Roll	18 Baked Fish with Lemon Dill Sauce, Steamed Brown Rice, and Broccoli Wheat Roll Milk 1% - 1/2 Pint Orange	19 Chicken ala King over Steamed Rice Roasted Broccoli Wheat Roll Honey Dew Melon Cup Milk 1% - 1/2 Pint	20 Chicken Cacciatore& Veggies &Pasta Wheat Roll Milk 1% - 1/2 Pint Fruit	21 Chef's Choice Meal Wheat Roll Milk 1% - 1/2 Pint Orange Fruit	22 Chef's Choice Meal Milk (cafe) 1% Kiwi Wheat Roll
23 Pork Carnita and Pinto Beans in Red Sauce and Seasonal Vegetables Wheat Roll Milk 1% - 1/2 Pint Pineapple Cup	24 Chicken Pesto Over Penne Pasta With Capri Blend Vegetables Wheat Roll Milk 1% - 1/2 Pint Orange	25 Chicken Parmesan with Linguini and Roasted Squash Wheat Roll Milk 1% - 1/2 Pint Cantaloupe Cup	26 Swiss Turkey Stew (Chili) Wheat Roll Milk 1% - 1/2 Pint Orange Wheat Roll	27 Salmon Risotto with Peas and Asparagus Milk (cafe) 1% Fruit Salad Wheat Roll	28 Chef's Choice Meal Milk (cafe) 1% Wheat Roll Orange	29 Chef's Choice Meal Milk (cafe) 1% Wheat Roll Orange

30 Chicken Tikka with Jewled Rice and Zucchini Curry Wheat Roll Milk 1% - 1/2 Pint Pineapple Cup						
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Notations: <> = Entree Is High In sodium