

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 20

Choice 2 - Vegetarian 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 Vegetabel Frittata Wheat Roll Milk 1% - 1/2 Pint Orange
2 Mushroom and Lentil Bake Wheat Roll Milk 1% - 1/2 Pint Cantaloupe Cup	3 Spaghetti with Marinara Sauce<> Wheat Roll Milk (cafe) 1% Fruit Salad	4 Jambalaya with Tempeh Milk 1% - 1/2 Pint Wheat Roll Orange	5 Eggplant Parmesan<> Capri Blend Vegetables Wheat Roll Milk 1% - 1/2 Pint Honey Dew Melon Cup	6 Barley and Mushroom Pilaf Wheat Roll Milk 1% - 1/2 Pint Fruit	7	8
9 Asparagus and Polenta Milk 1% - 1/2 Pint Wheat Roll Banana	10 Vegetable Stir Fry with Tofu and Rice Noodles Milk 1% - 1/2 Pint Pineapple Cup	11 Vegetable Cassoulet<> Wheat Roll Milk 1% - 1/2 Pint Fruit	12 Mushroom and Lentil Bake Wheat Roll Milk 1% - 1/2 Pint Orange	13 Broccoli Quiche with Three Bean Salad Wheat Roll Milk 1% - 1/2 Pint Apple	14	15
16 Veggie Loaf with WW Penne Pasta and Sauce Wheat Roll Milk 1% - 1/2 Pint Orange	17 Quinoa and Black Beans Tofu Wheat Roll Milk 1% - 1/2 Pint Fruit Salad	18 Vegetable Cassoulet<> Wheat Roll Milk 1% - 1/2 Pint Orange	19 Tofu with Spinach, Buckwheat Noodles, & Eggplant Wheat Roll Milk 1% - 1/2 Pint Honey Dew Melon Cup	20 Vegetable Lasagna Milk 1% - 1/2 Pint Wheat Roll Orange	21	22
23 Spinach and Pesto Linguini Roasted Butternut Squash Wheat Roll Milk 1% - 1/2 Pint Kiwi	24 Vegetarian Jambalaya Wheat Roll Milk 1% - 1/2 Pint Orange Juice	25 Vegetable Stew and Couscous Wheat Roll Milk 1% - 1/2 Pint Cantaloupe Cup	26 Eggplant Parmesan<> Stewed Carrots Wheat Roll Milk 1% - 1/2 Pint Fruit	27 Vegetarian Jambalaya Wheat Roll Milk 1% - 1/2 Pint Fruit	28	29

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Vegetabel Frittata

Milk 1% - 1/2 Pint

Wheat Roll

Pineapple Cup

Notations: <> = Entree Is High In sodium

