

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 3 - Beef 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 Thai Beef Bowl with Steamed Rice Wheat Roll Milk 1% - 1/2 Pint Orange
2 Beef Tacos & Spanish Rice, and Peppers Milk 1% - 1/2 Pint Cantaloupe Cup Wheat Roll	3 Spaghetti with Meat Sauce Stewed Carrots Fruit Salad Wheat Roll Milk 1% - 1/2 Pint	4 Beef Bourginon Rice Pilaf and Steamed Spinach Wheat Roll Milk 1% - 1/2 Pint Orange	5 Spaghetti Bolognese & Broccoli Normandy Blend Vegetables Honey Dew Melon Cup Wheat Roll Milk 1% - 1/2 Pint	6 Pot Roast with Braised Vegetables and Roasted Potatoes Milk 1% - 1/2 Pint Fruit Wheat Roll	7	8
9 Beef with Black Bean Sauce, Fried Rice, and Snow Peas Stir Fry Vegetables Milk 1% - 1/2 Pint Banana	10 Beef Lasagna with Brousel Sprouts Milk 1% - 1/2 Pint Wheat Roll Pineapple Cup	11 Beefaroni with Steamed Vegetables Wheat Roll Milk 1% - 1/2 Pint Fruit	12 Beef and Broccoli Stir-Fry with Rice Stir Fry Vegetables Milk 1% - 1/2 Pint Fruit	13 Beef, Vegetable, and Lentil Stew Milk 1% - 1/2 Pint Apple Wheat Roll	14	15
16 Beef Stew with Polenta and Root Vegetable Wheat Roll Milk 1% - 1/2 Pint Orange	17 Beef Spaghetti Rec-D-3 Wheat Roll Milk 1% - 1/2 Pint Fruit Salad	18 Beef and Broccoli Stir-Fry with Rice Wheat Roll Milk 1% - 1/2 Pint Orange	19 Chili Con Carne with Jalapeno Corn bread Wheat Roll Milk 1% - 1/2 Pint Pineapple Cup	20 Shepards Pie with Oven Roast Brussel Sprouts Milk 1% - 1/2 Pint Wheat Roll Fruit	21	22
23 Thai Beef Bowl with Steamed Rice Milk 1% - 1/2 Pint Wheat Roll Kiwi	24 Stuffed Peppers Wheat Roll Milk 1% - 1/2 Pint Orange	25 Salsbury Steak Onion, Peppers, and Spinach Wheat Roll Milk 1% - 1/2 Pint Cantaloupe Cup	26 Beef and Broccoli Stir-Fry with Rice Wheat Roll Milk 1% - 1/2 Pint Fruit	27 Beef Tacos & Spanish Rice, and Peppers Wheat Roll Milk 1% - 1/2 Pint Fruit	28	29

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Beef Meat Loaf, Mashed Potatoes

Milk 1% - 1/2 Pint

Wheat Roll

Pineapple Cup

Notations: <> = Entree Is High In sodium

