

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

Choice#1

August 2017

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
Only Clients signed up for the weekend meal program receive weekend meals. Choice meal program is not available for weekend meals	

Monday	Tuesday	Wednesday	Thursday	Friday		
	1 Smothered Chicken w/ Greens and Black Eyed Peas Milk 1% - 1/2 Pint Wheat Roll	2 Turkey Briana - Lentils, Rice over Season Cabbage Milk 1% - 1/2 Pint	3 Grilled Chicken Salad with Greens and Asparagus Milk 1% - 1/2 Pint Wheat Roll	4 Chicken Dijon w/ Brussel Sprouts Milk 1% - 1/2 Pint Wheat Roll	5 Chef's Choice Meal Milk 1% - 1/2 Pint	6 Chef's Choice Meal Milk 1% - 1/2 Pint
7 Spanish Chicken with Sauce Verde Grilled Veg and Corn Bread Crumble Milk 1% - 1/2 Pint	8 Chicken & Vegetable Cacciatore over Pasta Milk 1% - 1/2 Pint	9 Chicken Vegetable salad with Quinoa Milk 1% - 1/2 Pint Wheat Roll	10 Turkey Salisbury steak with Potatoes and Broccoli Milk 1% - 1/2 Pint	11 Turkey Tetrazzini w Pasta & Seared Mushrooms<> Milk 1% - 1/2 Pint	12 Chef's Choice Meal Milk 1% - 1/2 Pint	13 Chef's Choice Meal Milk 1% - 1/2 Pint
14 Chicken Pesto w/ Capalini and Carrots Milk 1% - 1/2 Pint	15 Chicken Mac with cauliflower & zucchini Milk 1% - 1/2 Pint	16 Chicken ala King over country biscuit Milk 1% - 1/2 Pint	17 Greek Chicken Spinach Salad Milk 1% - 1/2 Pint Wheat Roll	18 Chicken Florentine with Seasonal Vegetables Milk 1% - 1/2 Pint Wheat Roll	19 Chef's Choice Meal Milk 1% - 1/2 Pint	20 Chef's Choice Meal Milk 1% - 1/2 Pint
21 BBQ Chicken w Corn Bread and Carrots Milk 1% - 1/2 Pint	22 Southwest chicken salad Milk 1% - 1/2 Pint Wheat Roll	23 Orange Chicken, stiry fry veg and Rice Milk 1% - 1/2 Pint	24 Fried Chicken mashed potatoes & Gravy with Stewed Carrots Milk 1% - 1/2 Pint Wheat Roll	25 Turkey Meat Loaf with Spinach and lima Bean Milk 1% - 1/2 Pint Garlic Bread	26 Chef's Choice Meal Milk 1% - 1/2 Pint	27 Chef's Choice Meal Milk 1% - 1/2 Pint
28 Swiss turkey stew (Chilli) Milk 1% - 1/2 Pint	29 Chicken with Sweet Potatoes and Brussel sprouts Milk 1% - 1/2 Pint Wheat Roll	30 Harvest Chicken with Pasta and Grilled Vegetables Milk 1% - 1/2 Pint	31 Chicken Picatta with Rice Pilaf and Squash Milk 1% - 1/2 Pint			

--	--	--	--	--	--	--

Notations: <> = Entree Is High In sodium