

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#2

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	5	6
	1 Roasted Vegetable Risotto Milk 1% - 1/2 Pint	2 vegetable frittata Milk 1% - 1/2 Pint Wheat Roll	3 Kale and white bean Rigatoni Milk 1% - 1/2 Pint	4 Broccoli Quiche with bean Salad Milk 1% - 1/2 Pint		
7 Vegetarian Chili Milk 1% - 1/2 Pint	8 Quinoa and Celery Root with Seared Spinach Milk 1% - 1/2 Pint	9 Vegetable Cassoulet Milk 1% - 1/2 Pint Wheat Roll	10 Pad Thai w/ soba Noodles Milk 1% - 1/2 Pint	11 Lentil and Barley salad Milk 1% - 1/2 Pint	12	13
14 Spinach and Pesto Linguini Milk 1% - 1/2 Pint	15 Vegetable Fritters with Tomato Coulis and Cous Cous Milk 1% - 1/2 Pint	16 Vegetarian Lasagna with Roasted Artichokes Milk 1% - 1/2 Pint	17 Quinoa with winter vegetable /poached egg Milk 1% - 1/2 Pint	18 Pasta with Capers and Caramelized onion Milk 1% - 1/2 Pint	19	20
21 Veggie Loaf w. Gravy mashed potatoes and steamed Broccoli Milk 1% - 1/2 Pint	22 Vegetable Stew & couscous Milk 1% - 1/2 Pint	23 Vegatable Stirfy with Tofu and Fried Rice Milk 1% - 1/2 Pint	24 Cauliflower Curry with Steamed Rice Milk 1% - 1/2 Pint	25 Vegetable Lasagna Milk 1% - 1/2 Pint Wheat Roll	26	27
28 Asparagus Rissoto With Stewed mushrooms Milk 1% - 1/2 Pint	29 Kale and Swiss baked Penne Milk 1% - 1/2 Pint Garlic Bread	30 Multi Grain fetta cheese Salad Milk 1% - 1/2 Pint Wheat Roll	31 Spaghetti With marinara Sauce Milk 1% - 1/2 Pint Garlic Bread			

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Notations: <> = Entree Is High In sodium