

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#3

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 Shepards Pie with oven Roast Brussel Sprouts Milk 1% - 1/2 Pint Wheat Roll	2 Sloppy Joe Milk 1% - 1/2 Pint	3 Beef and Vegetabke Stew with Corn Bread Milk 1% - 1/2 Pint	4 Beef Meat Loaf mashed Poatoes and Seared Spinach Milk 1% - 1/2 Pint	5	6
7 Pot Roast with braised Vegetables and roasted Poatoes Milk 1% - 1/2 Pint Wheat Roll	8 Beef Bourginon Rice Pilaf and Grilled Peppers and onions Milk 1% - 1/2 Pint	9 Beer braised Flank steak with Steamed cabbles and Zucchini in brown butter Milk 1% - 1/2 Pint Wheat Roll	10 Kung Poa Beef over Rice Milk 1% - 1/2 Pint	11 Chili Con Carne Corn bread Milk 1% - 1/2 Pint	12	13
14 Beef Stroganoff w. egg noodles green beans in brown butter Milk 1% - 1/2 Pint	15 Spaghetti w/meat sauce Milk 1% - 1/2 Pint	16 Beef, veg and lentil stew with Corn Bread Milk 1% - 1/2 Pint	17 Salsbury steak with mashed Potatoes carmalized onion, peppers and Spinach Milk 1% - 1/2 Pint	18 Stuffed Bell pepper Ground Beef Milk 1% - 1/2 Pint	19	20
21 Beef Stew w/ vegetables Milk 1% - 1/2 Pint	22 Beef & Broccoli Stir-Fry with Fried Rice Milk 1% - 1/2 Pint	23 Thai Beef Bowl Milk 1% - 1/2 Pint	24 Beefaroni with Steamed Vegetables Milk 1% - 1/2 Pint Garlic Bread	25 Beef with Black Bean Sauce Soba Noodles & Snow Peas Milk 1% - 1/2 Pint	26	27
28 Beef and Spinach Cannelloni in red Pepper Marina Milk 1% - 1/2 Pint Garlic Bread	29 Spaghetti Bolognese Milk 1% - 1/2 Pint	30 Beef Lasagna Milk 1% - 1/2 Pint Wheat Roll	31 Mexican Beef and Bean Casserole Milk 1% - 1/2 Pint Wheat Roll			

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Notations: <> = Entree Is High In sodium