

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#4

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 Baked Catfish Creole with Dirty Rice and Green Beans Milk 1% - 1/2 Pint	2 Pork Carnita and Pinto beans in Red Sauce and Seasonal Vegetables Milk 1% - 1/2 Pint	3 Stewed Pork with winter vegetables and Rice Milk 1% - 1/2 Pint	4 Pulled Pork Sliders Stewed Corn & Sweet Potato Fries Milk 1% - 1/2 Pint		
7 Pork and Mushrooms with Pasta Florentine Milk 1% - 1/2 Pint	8 Lentil and pork Milk 1% - 1/2 Pint	9 Seared Pork Loin w Rosted Squash and Farro Risotto Milk 1% - 1/2 Pint	10 Pork Verde W/ Rice & veg Milk 1% - 1/2 Pint	11 Pork Raisin Chutney with Stewed Carrots and Braised Cabbage Milk 1% - 1/2 Pint	12	13
14 Ginger Pork and Veggies and Fried Rice Milk 1% - 1/2 Pint	15 Southwest Pork with Corn and Red Pepper and tortilla Milk 1% - 1/2 Pint	16 Italian Pork with Green Beans and papadella Milk 1% - 1/2 Pint	17 Pork Enchilada with Spanish Rice and Corn and squash Milk 1% - 1/2 Pint	18 Pork in Balsamic Cherry Sauce with Rice Pilaf and Pea Puree Milk 1% - 1/2 Pint	19	20
21 Pork Tacos Milk 1% - 1/2 Pint	22 Pork & Fennel & roasted Veggies Milk 1% - 1/2 Pint	23 Quiche Loraine with Steamed Broccoli Milk 1% - 1/2 Pint	24 White Beans and pork Milk 1% - 1/2 Pint Wheat Roll	25 Roast pork with Scalloped Potatoes Carmalized Onion and Spinach Milk 1% - 1/2 Pint	26	27
28 Pork Roast In Redwine Sauce with Rice Pilaf and Stewed Carrots Milk 1% - 1/2 Pint	29 Hawaiian Pork w coconut rice and Grilled Vegetables Milk 1% - 1/2 Pint	30 Pork and Mushroom Milk 1% - 1/2 Pint	31 Mumbai Pork Curry with jasmine Rice Rosted Eggplant and Peas Milk 1% - 1/2 Pint			

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Notations: <> = Entree Is High In sodium