

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

March 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	4	5
		1 Beef Lasagna Apple Stewed Collard Greens Milk 1% - 1/2 Pint Wheat Roll	2 Beef Kabob Wheat Roll Milk 1% - 1/2 Pint Watermelon Swiss Chard	3 Spaghetti w/meat sauce Wheat Roll Roasted Beets Milk 1% - 1/2 Pint Orange		
6 Mexican Pot Roast Seasoned Spinach Wheat Roll Milk 1% - 1/2 Pint Kiwi	7 beef and Spinach Cannelloni SitrFry Vegetables Milk 1% - 1/2 Pint Wheat Roll Orange	8 Beef Stew w/ vegetables Wheat Roll Milk 1% - 1/2 Pint Linguini with Lemon Sauce Orange	9 Thai Beef Bowl French Green Beans Wheat Roll Milk 1% - 1/2 Pint Pineapple - Fresh	10 Kung Poa Beef Milk 1% - 1/2 Pint Wheat Roll Italian Vegetables Apple	11	12
13 Stuffed Bell pepper meat Roasted Butternut Squash Wheat Roll Milk 1% - 1/2 Pint Pear	14 Spaghetti Bolognese Wheat Roll Milk 1% - 1/2 Pint Stewed Carrots Honey Dew Melon	15 Beef Meat Loaf w/ glaze Wheat Roll Milk 1% - 1/2 Pint Green Peas Orange	16 Shepards Pie Milk 1% - 1/2 Pint Normandy Blend Vegetables Wheat Roll Pear	17 Beef with Black Bean Sauce Milk 1% - 1/2 Pint Wheat Roll Peas & Carrots Apple	18	19
20 Beef & Broccoli Stir-Fry Mixed Vegetables Milk 1% - 1/2 Pint Wheat Roll Tangerine	21 Mexican Beef and Bean Casserole Wheat Roll Parsnips & Celery Root Milk 1% - 1/2 Pint Honey Dew Melon	22 Beefaroni w/ wwpasta Wheat Roll Italian Vegetables Milk 1% - 1/2 Pint Pear	23 pasta spaghetti meat balls Lemon Glazed Broccoli Milk 1% - 1/2 Pint Wheat Roll Apple	24 Pot Roast with braised Cabbage Wheat Roll Seasoned Spinach Milk 1% - 1/2 Pint Pear	25	26
27 Sloppy Joe Wheat Roll Milk 1% - 1/2 Pint Stewed Collard Greens Apple	28 Salsbury steak Milk 1% - 1/2 Pint Wheat Roll Stir Fry Vegetables Pear	29 Beef bourgonio Stewed Collard Greens Wheat Roll Milk 1% - 1/2 Pint Pineapple - Fresh Mashed Potatoes	30 Chili Con Carne Wheat Roll Seasoned Zucchini Milk 1% - 1/2 Pint Kiwi	31 Beef Stroganoff Wheat Roll Milk 1% - 1/2 Pint Italian Vegetables Apple		

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Notations: <> = Entree Is High In sodium