

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  
Café 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 Apple Steamed Corn Milk(caffe)1% chicken with winter vegetable Tomato sauce Wheat Roll	2 Multi Grain curry dish Wheat Roll Milk(caffe)1% Watermelon WW Penne Pasta Swiss Chard	3 Spaghetti w/meat sauce Wheat Roll Roasted Beets Milk(caffe)1% Orange		
6 Mumbai Pork Curry Seasoned Spinach Wheat Roll Milk(caffe)1% Kiwi	7 SitrFry Vegetables Milk(caffe)1% Chicken Dijon Wheat Roll Orange	8 Kale and white bean Rigatoni Wheat Roll Milk(caffe)1% Linguini with Lemon Sauce Orange	9 Thai Beef Bowl French Green Beans Wheat Roll Milk(caffe)1% Pineapple - Fresh	10 Peach and Mustard Glazed Pork Milk(caffe)1% Wheat Roll Italian Vegetables Apple	11	12
13 Roasted Butternut Squash Wheat Roll Milk(caffe)1% Chicken Pesto Bake Pear	14 Asparagus Rissoto Wheat Roll Milk(caffe)1% Stewed Carrots Honey Dew Melon	15 Beef Meat Loaf w/ glaze Wheat Roll Milk(caffe)1% Green Peas Orange	16 Pork and Mushroom Milk(caffe)1% Normandy Blend Vegetables Wheat Roll Pear	17 Milk(caffe)1% Wheat Roll Orange Chicken w/ rice Peas & Carrots Apple	18	19
20 Vegetarian Chili Mixed Vegetables Milk(caffe)1% Wheat Roll Tangerine	21 Mexican Beef and Bean Casserole Wheat Roll Parsnips & Celery Root Milk(caffe)1% Honey Dew Melon	22 pork tenderloin Italian style Wheat Roll Italian Vegetables Milk(caffe)1% Pear	23 Lemon Glazed Broccoli Chicken Smothered In Mushrooms Milk(caffe)1% Wheat Roll Apple	24 Saag Tofu with Spinach Wheat Roll Seasoned Spinach Milk(caffe)1% Pear	25	26
27 Sloppy Joe Wheat Roll Milk(caffe)1% Stewed Collard Greens Apple	28 Smothered Pork Chops Milk(caffe)1% Wheat Roll Stir Fry Vegetables Pear	29 Stewed Collard Greens Wheat Roll Milk(caffe)1% BBQ Chicken Pineapple - Fresh Mashed Potatoes	30 Vegetable Cous Cous Wheat Roll Seasoned Zucchini Milk(caffe)1% Kiwi	31 Beef Stroganoff Wheat Roll Italian Vegetables Apple Milk(caffe)1%		

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

Notations: <> = Entree Is High In sodium