

**FOR ANSWERS TO YOUR NUTRITION
QUESTIONS CALL 707-525-0143, EXT 130
For All Other Questions & Comments Call:
En espanol: 525-0143 x134 OFFICE: 525-0383
MENUS SUBJECT TO CHANGE WITHOUT NOTICE**



SENIOR MEALS HD/CHOICE #1

POULTRY

SEPTEMBER 2017

Only Clients signed up for the Weekend Meals Program receive weekend meals. Choice meal is not available for weekend meals.

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	LOW FAT MILK IS PROVIDED WITH MEAL			1 Swiss Turkey Stew (Chili) Orange	2 Chef's Choice Meal Cantaloupe Cup	3 Chef's Choice Meal Fruit Cocktail
4 Chef's Choice Meal Peach Cup	5 Smothered Chicken w/ Greens & Black Eyed Peas Wheat Roll Apricot Cup	6 Turkey Bryana (Lentils Over Rice) Season Cabbage Strawberry Cup	7 Grilled Chicken Salad w/ Greens & Asparagus Wheat Roll Honeydew Cup	8 Chicken Dijon w/ Brussel Sprouts Wheat Roll Tangerine	9 Chef's Choice Meal Raisin Cup	10 Chef's Choice Meal Grape Cup
11 Spanish Chicken w/ Verde Sauce Grilled Vegetable & Corn Bread Crumble Prune Cup	12 Chicken & Vegetable Cacciatore over Pasta Mandarin Orange Cup	13 Chicken Vegetable Salad w/ Quinoa Wheat Roll Apple Sauce Cup	14 Turkey Salisbury steak w/ Potatoes & Broccoli Pineapple Cup	15 Turkey Tetraxini w/ Pasta & Seared Mushrooms Orange	16 Chef's Choice Meal Cantaloupe Cup	17 Chef's Choice Meal Pear Cup
18 Chicken Pesto w/ Capellini Pasta & Carrots Fruit Cocktail	19 Chicken Mac w/ Cauliflower & Zucchini Peach Cup	20 Chicken Ala King Over Country Biscuit Apricot Cup	21 Greek Chicken Spinach Salad Wheat Roll Strawberry Cup	22 Chicken Florentine w/ Seasonal Vegetables Wheat Roll Honeydew Cup	23 Chef's Choice Meal Tangerine	24 Chef's Choice Meal Raisin Cup
25 BBQ Chicken w/ Corn Bread & Carrots Grape Cup	26 Southwest Chicken Salad Wheat Roll Prune Cup	27 Orange Chicken Stir-Fry Vegetables & Rice Mandarin Orange Cup	28 Fried Chicken w/ Mashed Potatoes & Gravy Stewed Carrots Wheat Roll Apple Sauce Cup	29 Garlic Bread Turkey Meat Loaf w/ Spinach & Lima Beans Pineapple Cup	30 Chef's Choice Meal Orange	31