

**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 #3

BEEF

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 Spaghetti Bolognese Orange	2 Chef's Choice Meal Cantaloupe Cup	3 Chef's Choice Meal Fruit Cocktail
4 Beef Lasagna Wheat Roll Peach Cup	5 Shepard's Pie w/ Oven Roasted Brussel Sprouts Wheat Roll Apricot Cup	6 Sloppy Joe Strawberry Cup	7 Beef & Vegetable Stew w/ Corn Bread Honeydew Cup	8 Beef Meat Loaf Mashed Potatoes Seared Spinach Tangerine	9 Chef's Choice Meal Raisin Cup	10 Chef's Choice Meal Grape Cup
11 Pot Roast w/ Braised Vegetables Roasted Potatoes Wheat Roll Prune Cup	12 Beef Bourgeon Rice Pilaf & Grilled Peppers and onions Mandarin Orange Cup	13 Beer Braised Flank Steak w/ Steamed Cabbage & Zucchini in Brown Butter Wheat Roll Apple Sauce Cup	14 Kung Pao Beef Over Rice Pineapple Cup	15 Chili Con Carne Corn Bread Orange	16 Chef's Choice Meal Cantaloupe Cup	17 Chef's Choice Meal Pear Cup
18 Beef Stroganoff w/ Egg Noodles Green Beans in Brown Butter Fruit Cocktail	19 Spaghetti w/Meat Sauce Peach Cup	20 Beef, Vegetable & Lentil Stew w/ Corn Bread Apricot Cup	21 Salisbury Steak w/ Mashed Potatoes Caramelized Onion, Peppers & Spinach Strawberry Cup	22 Stuffed Bell pepper Ground Beef Honeydew Cup	23 Chef's Choice Meal Tangerine	24 Chef's Choice Meal Raisin Cup
25 Beef Stew w/ vegetables Grape Cup	26 Beef & Broccoli Stir-Fry w/ Fried Rice Prune Cup	27 Thai Beef Bowl Mandarin Orange Cup	28 Beefaroni w/ Steamed Vegetables Garlic Bread Apple Sauce Cup	29 Beef w/ Black Bean Sauce Soba Noodles Snow Peas Pineapple Cup	30 Chef's Choice Meal Orange	31