

**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 #4

PORK / FISH

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 Pork Roast In Red Wine Sauce Rice Pilaf & Stewed Carrots Orange	2 Chef's Choice Meal Cantaloupe Cup	3 Chef's Choice Meal Fruit Cocktail
4 Hawaiian Pork w/ Coconut Rice & Grilled Vegetables Peach Cup	5 Baked Catfish Creole w/ Dirty Rice Green Beans Apricot Cup	6 Pork Carnitas & Pinto Beans in Red Sauce Seasonal Vegetables Strawberry Cup	7 Stewed Pork w/ Winter Vegetables & Rice Honeydew Cup	8 Pulled Pork Sliders Stewed Corn Sweet Potato Fries Tangerine	9 Chef's Choice Meal Raisin Cup	10 Chef's Choice Meal Grape Cup
11 Pork & Mushrooms w/ Pasta Florentine Prune Cup	12 Lentil & Pork Mandarin Orange Cup	13 Seared Pork Loin w/ Roasted Squash Faro Risotto Apple Sauce Cup	14 Pork Verde W/ Rice & veg Pineapple Cup	15 Pork Raisin Chutney w/ Stewed Carrots & Braised Cabbage Orange	16 Chef's Choice Meal Cantaloupe Cup	17 Chef's Choice Meal Pear Cup
18 Ginger Pork & Veggies Fried Rice Fruit Cocktail	19 Southwest Pork w/ Corn & Red Pepper and A Tortilla Peach Cup	20 Italian Pork w/ Green Beans & Pappardelle Apricot Cup	21 Pork Enchilada w/ Spanish Rice Corn & Squash Strawberry Cup	22 Pork in Balsamic Cherry Sauce Rice Pilaf & Pea Puree Honeydew Cup	23 Chef's Choice Meal Tangerine	24 Chef's Choice Meal Raisin Cup
25 Pork Stir-fry Tangerine	26 BBQ Pork Roast w/ stewed Carrots Pineapple Cup	27 Quiche Loraine w/ Steamed Broccoli Mandarin Orange Cup	28 White Beans and pork Wheat Roll Apple Sauce Cup	29 Roast Pork w/ Scalloped Potatoes Caramelized Onion & Spinach Pineapple Cup Wheat Roll	30 Chef's Choice Meal Orange	31