

**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

APRIL 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 Chicken Melitzana Whole Wheat Penne Pasta Orange	2 Beef Kabob Brown Rice Pilaf Stewed Carrots Apple
3 Chicken Ala King Green Peas Wheat Roll Apple	4 Chicken Cacciatore Whole Wheat Penne Pasta Italian Vegetables Pineapple	5 Lentil Chicken Salad Green beans Wheat Roll Orange	6 Macaroni & Cheese w/ Chicken Mixed Vegetables Kiwi	7 Lemon Chicken Italian Vegetables Wheat Roll Pear	8 Turkey Divan Stewed Carrots Wheat Roll Apple	9 Vegetable Lasagna Seasoned Zucchini Orange
10 Turkey Tetrizzini Whole Wheat Penne Pasta Steamed Broccoli Apple	11 Corn Black Beans Chicken Salad Pasta Salad Cantaloupe	12 Chicken w/ Winter Vegetable Tomato sauce Brown Rice Pilaf Pineapple	13 Chicken Milanese Oven Roasted Red Potatoes Summer Squash Wheat Roll Cantaloupe	14 Chicken Piccata Capri Blend Vegetables Wheat Roll Grapes	15 Chicken Dijon Brown Rice Pilaf Stewed Carrots Orange	16 Stuffed Cabbage Seasoned Spinach Apple
17 Turkey Meatball w/Salsa Verde Brown Rice Pilaf Pineapple	18 Chicken Tikka Masala w/ Rice Lemon Glazed Broccoli Wheat Roll Apple	19 Harvest Chicken w/Apples Normandy Blend Vegetables Whole Wheat Penne Pasta Orange	20 Chicken Stir-Fry Brown Rice Spring Role Honey Dew Melon	21 Chicken Parmesan Whole Wheat Penne Pasta Peas & Carrots Pear	22 Beef & Broccoli Stir-Fry Brown Rice Pilaf Apple	23 Pasta w/ Capers & Caramelized Onion Stir-Fry Vegetables Apple
24 Greek Chicken Salad Wheat Roll Orange	25 Chicken Smothered In Mushrooms Brown Rice Pilaf Italian Vegetables Apple	26 5 Spice Chicken Brown Rice Pilaf Normandy Blend Vegetables Cantaloupe	27 Braised Chicken Seasoned Zucchini Oven Roasted Red Potatoes Wheat Roll Orange	28 Orange Chicken w/ Rice Stir-Fry Vegetables Honey Dew Melon	29 Chicken Tacos Spanish Rice Mixed Vegetables Cantaloupe	30 Savory Mushroom Crepes Brown Rice Pilaf Italian Vegetables Apple