

**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 #2

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 Barley & Mushroom Pilaf Green Peas Apple	4 Eggplant Parmesan Wheat Roll Pineapple - Fresh	5 Spinach Linguini w/ Roast Vegetables Lemon Glazed Broccoli Wheat Roll Orange	6 Vegetable Lasagna Mixed Vegetables Kiwi	7 Italian Vegetables Vegetable Frittata Wheat Roll Pear	8 Turkey Divan Stewed Carrots Wheat Roll Apple	9 Vegetable Lasagna Seasoned Zucchini Orange
10 Kale & White Bean Rigatoni Dirty Mashed Potatoes Wheat Roll Pineapple	11 Mushroom & Lentil Bake Green Peas Wheat Roll Cantaloupe	12 Spring Vegetable Paella Steamed Broccoli Pineapple	13 Mushroom & Lentil Meatless Meatballs Lemon Glazed Broccoli Grapes	14 Cauliflower Curry Brown Rice Pilaf Grapes	15 Chicken Dijon Brown Rice Pilaf Stewed Carrots Orange	16 Stuffed Cabbage Seasoned Spinach Apple
17 Vegetable Frittata Brown Rice Pilaf Pineapple	18 Asparagus Risotto Wheat Roll Apple	19 Kale & Swiss Baked Penne Wheat Roll Orange	20 Wheat Bulgur w/Tofu Italian Vegetables Wheat Roll Honey Dew Melon	21 Broccoli Quiche Wheat Roll Peas & Carrots Pear	22 Beef & Broccoli Stir-Fry Brown Rice Pilaf Apple	23 Pasta w/ Capers & Caramelized Onion Stir-Fry Vegetables Apple
24 Sweet & Sour Noodles Brown Rice Pilaf Lemon Glazed Broccoli Orange	25 Pasta Primavera Wheat Roll Apple	26 Vegetarian Chili Wheat Roll Cantaloupe	27 Spicy Chickpea & Vegetable Casserole Dirty Mashed Potatoes Wheat Roll Orange	28 Multi Grain Curry Dish Green Peas Dirty Mashed Potatoes Honey Dew Melon	29 Chicken Tacos Spanish Rice Mixed Vegetables Cantaloupe	30 Savory Mushroom Crepes Brown Rice Pilaf Italian Vegetables Apple