

**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

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 Kung Pao Beef Brown Rice Pilaf Steamed Broccoli Apple	4 Irish Beef Stew Wheat Roll Pineapple - Fresh	5 Spaghetti w/Meat Sauce Lemon Glazed Broccoli Pineapple Wheat Roll	6 Chili Macaroni Mixed Vegetables Kiwi	7 Salisbury Steak Dirty Mashed Potatoes Italian Vegetables Wheat Roll Pear	8 Turkey Divan Stewed Carrots Wheat Roll Apple	9 Vegetable Lasagna Seasoned Zucchini Orange
10 Beef Lentil Stew Wheat Roll Orange	11 Mexican Pot Roast Barley Mushroom Pilaf Stewed Carrots Cantaloupe	12 Beef Meat Loaf w/ Glaze Dirty Mashed Potatoes Steamed Broccoli Wheat Roll Pineapple	13 Stuffed Beef Bell Pepper Summer Squash Couscous in Chicken Stock Grapes	14 Spaghetti Bolognese Italian Vegetables Wheat Roll Grapes	15 Chicken Dijon Brown Rice Pilaf Stewed Carrots Orange	16 Stuffed Cabbage Seasoned Spinach Apple
17 Shepard's Pie Peas & Carrots Wheat Roll Pineapple	18 Beef w/ Black Bean Sauce Lemon Glazed Broccoli Wheat Roll Apple	19 Beef & Barley Normandy Blend Vegetables Wheat Roll Orange	20 Beef & Spinach Cannelloni Italian Vegetables Wheat Roll Honey Dew Melon	21 Beef Lasagna Steamed Broccoli Pear	22 Beef & Broccoli Stir-Fry Brown Rice Pilaf Apple	23 Pasta w/ Capers & Caramelized Onion Stir-Fry Vegetables Apple
24 Beefaroni w/ Whole Wheat Pasta Lemon Glazed Broccoli Orange	25 Spaghetti w/Meat Balls Italian Vegetables Wheat Roll Apple	26 Mexican Beef & Bean Casserole Normandy Blend Vegetables Wheat Roll Cantaloupe	27 Sloppy Joe Seasoned Zucchini Orange	28 Thai Beef Bowl Brown Rice Pilaf Stir-Fry Vegetables Honey Dew Melon	29 Chicken Tacos Spanish Rice Mixed Vegetables Cantaloupe	30 Savory Mushroom Crepes Brown Rice Pilaf Italian Vegetables Apple