

**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

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 White Beans & Pork Leek, Zucchini & Cheese Frittata Wheat Roll Green Peas Apple	4 Pork w/ Sage & Capers Brown Rice Pilaf Seasoned Spinach Pineapple	5 Pork w/ Winter Vegetables Brown Rice Pilaf Lemon Glazed Broccoli Pineapple	6 Pork In Red Wine Sauce w/Onion Peas & Carrots Oven Roasted Red Potatoes Wheat Roll Kiwi	7 Mumbai Pork Curry Brown Rice Pilaf Italian Vegetables Pear	8 Turkey Divan Stewed Carrots Wheat Roll Apple	9 Vegetable Lasagna Seasoned Zucchini Orange
10 Ginger Pork Couscous in Chicken Stock Steamed Broccoli Apple	11 Pork & Mushroom Barley Mushroom Pilaf Cantaloupe Stewed Carrots	12 Pork Stir-fry Whole Wheat Penne Pasta Stir-Fry Vegetables Pineapple	13 Peach & Mustard Glazed Pork Summer Squash Oven Roasted Red Potatoes Wheat Roll Grapes	14 Pork Loin Hawaiian Style Coconut Rice Stir Fry Vegetables Grapes	15 Chicken Dijon Brown Rice Pilaf Stewed Carrots Orange	16 Stuffed Cabbage Seasoned Spinach Apple
17 Pork Loin w/ Onion & Raisin Chutney Oven Roasted Red Potatoes Pineapple Peas & Carrots Wheat Roll	18 Pork in Balsamic Cherry Sauce Couscous in Chicken Stock Lemon Glazed Broccoli Apple	19 Pork Tacos Spanish Rice Normandy Blend Vegies Apple	20 Pulled Pork Sliders Italian Vegetables Honey Dew Melon	21 Pork Verde W/ Spanish Rice Steamed Broccoli Pear	22 Beef & Broccoli Stir-Fry Brown Rice Pilaf Apple	23 Pasta w/ Capers & Caramelized Onion Stir-Fry Vegetables Apple
24 Pork Tenderloin Italian style Lemon Glazed Broccoli Barley & Mushroom Pilaf Orange	25 Quiche Lorraine Italian Vegetables Wheat Roll Apple	26 Lentil & pork Normandy Blend Vegetables Wheat Roll Cantaloupe	27 Southwest Pork Seasoned Spinach Dirty Mashed Potatoes Wheat Roll Orange	28 Seared Pork Chop Seasoned Spinach Whole Wheat Penne Pasta Honey Dew Melon	29 Chicken Tacos Spanish Rice Mixed Vegetables Cantaloupe	30 Savory Mushroom Crepes Brown Rice Pilaf Italian Vegetables Apple