

707-525-0383 - En espanol: 707-525-0143 EXT 134

FOR ANSWERS TO YOUR NUTRITION QUESTIONS CALL 707-525-0143
EXT 130 All Other Questions and Comments Call: 707-525-0383



Monthly Menu February 2018

Choice 1 - Poultry, Seafood, Pork Entrée

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 - Menus subject to change without notice.

					Saturday	Sunday
Monday	Tuesday	Wednesday	Thursday	Friday	Only Clients signed up for the weekend meal program receive weekend meals. Choice meal program is not available for weekend meals	
			1 Chicken Mac with Mixed Veggies Milk 1% - 1/2 Pint Wheat Roll Tangerine	2 Baked Fish Creole with Rice and Vegetable Mix Milk 1% - 1/2 Pint Wheat Roll Fruit Salad	3 Chef's Choice Meal Wheat Roll Milk 1% - 1/2 Pint Orange	4 Chef's Choice Meal Seasonal Vegetable Milk 1% - 1/2 Pint Fruit
5 Lemon Chicken with Arithchoke and Rice Pilaf Wheat Roll Milk 1% - 1/2 Pint Orange	6 Milk 1% - 1/2 Pint Wheat Roll Apple Sauce 1/2 Cup	7 Chicken Milanese Wheat Roll Milk 1% - 1/2 Pint Kiwi	8 Pork Loin and Gravy with Whipped Sweet Potatoes and Veggie Mix Wheat Roll Milk 1% - 1/2 Pint Banana	9 Chicken Florentine with Seasonal Vegetables Wheat Roll Milk 1% - 1/2 Pint Fruit	10 Chef's Choice Meal Milk 1% - 1/2 Pint Wheat Roll Fruit Cocktail	11 Chef's Choice Meal Milk 1% - 1/2 Pint Wheat Roll Fruit
12 Chicken and Mushroom Pilaf with Italian Veggies Wheat Roll Milk 1% - 1/2 Pint Tangerine	13 Baked Fish with Lemon Dill Sauce Wheat Roll Milk 1% - 1/2 Pint Fruit Salad	14 Chicken Dijon with Brussel Sprouts Milk 1% - 1/2 Pint Wheat Roll Fruit	15 Chicken and Vegetable Cacciatore Over Pasta Wheat Roll Milk 1% - 1/2 Pint Fruit	16 Turkey Meat Loaf with Spinach Sweet Potatoes Milk 1% - 1/2 Pint Wheat Roll Apple Sauce 1/2 Cup	17 Chef's Choice Meal Wheat Roll Milk 1% - 1/2 Pint Fruit	18 Chef's Choice Meal Wheat Roll Milk 1% - 1/2 Pint Fruit
19 Wheat Roll Milk 1% - 1/2 Pint Orange Holiday - Closed	20 Chicken Picatta with Rice & Vegetable Wheat Roll Milk 1% - 1/2 Pint Fruit	21 Turkey Cutlet with Gravy Grilled Vegetable Milk 1% - 1/2 Pint Apple Sauce 1/2 Cup Wheat Roll	22 Pork Tacos, Spanish Rice, Corn, and Peppers Wheat Roll Milk 1% - 1/2 Pint Tangerine	23 Salmon Rissotto with Peas and Asparagus Wheat Roll Milk 1% - 1/2 Pint Fruit	24 Chef's Choice Meal Milk 1% - 1/2 Pint Wheat Roll Orange	25 Chef's Choice Meal Milk 1% - 1/2 Pint Wheat Roll Fruit
26 Chicken Pesto with Pasta and Veggies Milk 1% - 1/2 Pint Wheat Roll Kiwi	27 Pork Verde with and Black Beans and Corn Wheat Roll Milk 1% - 1/2 Pint Fruit Salad	28 Swiss Turkey Stew (Chili) Wheat Roll Milk 1% - 1/2 Pint Orange				