

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 2 - Vegetarian 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 Vegetarian Chili and Biscuit Milk 1% - 1/2 Pint Tangerine Wheat Roll	2 Vegetable Lasagna Milk 1% - 1/2 Pint Wheat Roll Fruit Salad	3	4
5 Mushroom and Lentil Bake Milk 1% - 1/2 Pint Wheat Roll Orange	6 Spaghetti with Marinara Sauce Garlic Brussel Sprouts Wheat Roll Milk 1% - 1/2 Pint	7 Jambalaya with Tempeh Milk 1% - 1/2 Pint Wheat Roll Kiwi	8 Eggplant Parmesan<> Capri Blend Vegetables Wheat Roll Milk 1% - 1/2 Pint Banana	9 Barley and Mushroom Pilaf Wheat Roll Milk 1% - 1/2 Pint Fruit	10	11
12 Asparagus and Polenta Milk 1% - 1/2 Pint Wheat Roll Tangerine	13 Vegetable Stir Fry with Tofu and Rice Noodles Wheat Roll Milk 1% - 1/2 Pint Fruit Salad	14 Vegetable Cassoulet<> Wheat Roll Milk 1% - 1/2 Pint Fruit	15 Multi Grain Curry Dish Wheat Roll Milk 1% - 1/2 Pint Fruit	16 Broccoli Quiche with Bean Stew Wheat Roll Milk 1% - 1/2 Pint	17	18
19 Holiday - Closed	20 Veggie Loaf with WW Penne Pasta and Sauce Wheat Roll Milk 1% - 1/2 Pint Fruit	21 Quinoa and Black Beans Tofu Wheat Roll Milk 1% - 1/2 Pint Apple Sauce 1/2 Cup	22 Vegetable Cassoulet<> Wheat Roll Milk 1% - 1/2 Pint Tangerine	23 Tofu with Spinach, Buckwheat Noodles, & Eggplant Wheat Roll Milk 1% - 1/2 Pint Fruit	24	25
26 Spinach and Pesto Linguini Wheat Roll Milk 1% - 1/2 Pint Kiwi	27 Vegetarian Jambalaya Wheat Roll Milk 1% - 1/2 Pint Fruit Salad	28 Vegetable Stew and Couscous Wheat Roll Milk 1% - 1/2 Pint Orange				