

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 3 - Beef 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
					Only Clients signed up for the weekend meal program receive weekend meals. Choice meal program is not available for weekend meals	
Monday	Tuesday	Wednesday	Thursday	Friday		
			1 Beef and Broccoli Stir-Fry with Rice Wheat Roll Milk 1% - 1/2 Pint Tangerine	2 Beef and Vegetable Stew Milk 1% - 1/2 Pint Wheat Roll Fruit Salad	3	4
5 Beef Meat Loaf, Mashed Potatoes Wheat Roll Milk 1% - 1/2 Pint Oranges	6 Beef Stroganoff Wheat Roll Milk 1% - 1/2 Pint Apple Sauce 1/2 Cup	7 Beef and Spinach Cannelloni in Red Pepper Marinra Wheat Roll Milk 1% - 1/2 Pint Kiwi	8 Spaghetti Bolognese Wheat Roll Milk 1% - 1/2 Pint Banana	9 Pot Roast with Braised Vegetables and Roasted Potatoes Milk 1% - 1/2 Pint Fruit Wheat Roll	10	11
12 Beef with Black Bean Sauce, Fried Rice, and Snow Peas Wheat Roll Milk 1% - 1/2 Pint Tangerine	13 Beef Lasagna with Brousel Sprouts Milk 1% - 1/2 Pint Wheat Roll Fruit Salad	14 Beef Bourginon Rice Pilaf and Steamed Spinach Wheat Roll Milk 1% - 1/2 Pint Fruit	15 Beefaroni with Steamed Vegetables Wheat Roll Milk 1% - 1/2 Pint Fruit	16 Beef, Vegetable, and Lentil Stew Milk 1% - 1/2 Pint Apple Sauce 1/2 Cup Wheat Roll	17	18
19 Holiday - Closed	20 Beef Spaghetti Rec-D-3 Wheat Roll Milk 1% - 1/2 Pint Fruit	21 Beef and Broccoli Stir-Fry with Rice Wheat Roll Milk 1% - 1/2 Pint Apple Sauce 1/2 Cup	22 Chili Con Carne with Jalapeno Corn bread Wheat Roll Milk 1% - 1/2 Pint Tangerine	23 Shepards Pie with Oven Roast Brussel Sprouts Milk 1% - 1/2 Pint Wheat Roll Fruit	24	25
26 Thai Beef Bowl with Steamed Rice Wheat Roll Milk 1% - 1/2 Pint Kiwi	27 Stuffed Peppers Wheat Roll Milk 1% - 1/2 Pint Fruit Salad	28 Salsbury Steak Onion, Peppers, and Spinach Wheat Roll Milk 1% - 1/2 Pint Orange				