

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 4 - Diabetic friendly & Heart Friendly

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 D.F & H.f Beef Broccoli Str-fry Wheat Roll Milk 1% - 1/2 Pint Tangerine	2 D F & H F Catfish Creole style Milk 1% - 1/2 Pint Wheat Roll Fruit Salad	3	4
5 D F & H F Grilled Chicken with Salsa Wheat Roll Orange Milk 1% - 1/2 Pint	6 D.F& H.f Beef Stew w. Root Vegetable & Polenta Wheat Roll Apple Sauce 1/2 Cup Milk 1% - 1/2 Pint	7 D.f & H.f Grilled Pork Tenderloin Mustard Sauce Kiwi Wheat Roll Milk 1% - 1/2 Pint	8 D.F & H.f Grilled Pollack with Salsa Wheat Roll Banana Milk 1% - 1/2 Pint	9 D F & H F Chicken Picatta Rice & Veg. Milk 1% - 1/2 Pint Fruit Wheat Roll	10	11
12 DF & HF Beef & Blackbean Sauce Wheat Roll Tangerine Milk 1% - 1/2 Pint	13 D.f&H.f Baked Fish &Lemon Dill sauce Wheat Roll Milk 1% - 1/2 Pint Fruit Salad	14 D.f &H.f Pork Verde Black beans & Corn Milk 1% - 1/2 Pint Fruit Wheat Roll	15 DF & HF Chicken Cacciatore & Vegetable Fruit Milk 1% - 1/2 Pint Wheat Roll	16 D.f&H.f Turkey Meat Loaf & Spinach Milk 1% - 1/2 Pint Apple Sauce 1/2 Cup Wheat Roll	17	18
19 Holiday - Closed	20 D F & H F Chicken Picatta Rice & Veg. Fruit Milk 1% - 1/2 Pint Wheat Roll	21 D.f&H.f Quinoa, Tofu & Black Beans Milk 1% - 1/2 Pint Apple Sauce 1/2 Cup Wheat Roll	22 D.f&H.f Quinoa, Tofu & Black Beans Milk 1% - 1/2 Pint Tangerine	23 D F & H F Salmon Curry, Veg Bowl Milk 1% - 1/2 Pint Fruit Wheat Roll	24	25
26 D.f&H.f Thai Beef Bowl Milk 1% - 1/2 Pint Kiwi Wheat Roll	27 D.f & H.f Swiss Turkey Stew Milk 1% - 1/2 Pint Fruit Salad Wheat Roll	28 D.F & H. F Salisbury Steak/Peppers& Spinach Milk 1% - 1/2 Pint Orange Wheat Roll				