

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  
Choice#2 November 2017

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	4	5
		1 Linguini With Roast Vegetables & spinach Milk 1% - 1/2 Pint Strawberry Cup	2 Vegatable Stirfy with Tofu and Fried Rice Milk 1% - 1/2 Pint Honey Dew Melon Cup	3 Spaghetti with creamed Kale sauce Milk 1% - 1/2 Pint Tangerine		
6 Broccoli Quiche with bean Salad Milk 1% - 1/2 Pint Mandarin Orange Cup	7 Bulgar wheat with tofu and Vegetables Milk 1% - 1/2 Pint Prune Cup	8 Orange Jambalaya With Tempeh Milk 1% - 1/2 Pint	9 Pineapple Cup Stuffed Peppers w. quinnio Milk 1% - 1/2 Pint	10 Spring Vegetable Paella Milk 1% - 1/2 Pint Apple Suace Cup	11	12
13 Vegetable Fritters with Tomato Coulis and collard greens Milk 1% - 1/2 Pint Fruit Cocktail	14 Vegetable Lasagna Milk 1% - 1/2 Pint Peach Cup	15 Spinach and Pesto Linguini Milk 1% - 1/2 Pint Apricot Cup	16 Vegetable Lasagna Milk 1% - 1/2 Pint Strawberry Cup	17 Pad Thai w/ rice stix Noodles and Stir Fry Veg Milk 1% - 1/2 Pint oranges	18	19
20 Vegatable Stirfy with Tofu and Fried Rice Milk 1% - 1/2 Pint Honey Dew Melon Cup	21 Mandarin Orange Cup Vegatable Stirfy with Tofu and Fried Rice Milk 1% - 1/2 Pint	22 Mushroom and Lentil Bake Stuffing Milk 1% - 1/2 Pint Pumpkin Pie Wheat Roll Cranberry Sauce French Green Beans	23 Chef's Choice Meal Milk(cafe)1%	24 Holiday - Closed	25	26
27 Vegatable Stirfy with Tofu and Fried Rice Milk 1% - 1/2 Pint Fruit Cocktail	28 Vegetable Lasagna Milk 1% - 1/2 Pint Pear Cup	29 Tofu with Spinach, buckwheat Noodles & Eggplant Milk 1% - 1/2 Pint Raisin Cup	30 Vegetable Cous Cous Milk 1% - 1/2 Pint Honey Dew Melon Cup			