

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#3 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 Chicken Dijon w/ Brussel Sprouts Milk 1% - 1/2 Pint Strawberry Cup	2 Beef with Black Bean Sauce Fried Rice & Snow Peas Milk 1% - 1/2 Pint Honey Dew Melon Cup	3 Grilled Chicken Salad with Greens and Asparagus Milk 1% - 1/2 Pint Tangerine		
6 Beef Bourginon Rice Pilaf and Grilled Peppers and onions Milk 1% - 1/2 Pint	7 Chili Macaroni ewith Stewed Carrots and Broccoli Milk 1% - 1/2 Pint Prune Cup	8 Beef and Vegetabke Stew with Corn Bread Milk 1% - 1/2 Pint Orange	9 Beef Meat Loaf mashed Poatoes and Seared Spinach Milk 1% - 1/2 Pint Pineapple Cup	10 pasta spaghetti meat balls Milk 1% - 1/2 Pint Apple Suace Cup	11	12
13 Beef with Black Bean Sauce Fried Rice & Snow Peas Milk 1% - 1/2 Pint Fruit Cocktail	14 Pot Roast with braised Vegetables and roasted Poatoes Milk 1% - 1/2 Pint Peach Cup	15 Sloppy Joe w/ Barley Slaw and Sweet Potato Fries Milk 1% - 1/2 Pint Apricot Cup	16 Beef and Spinach Cannelloni in red Pepper Marina Milk 1% - 1/2 Pint Strawberry Cup	17 Beef Lasagna Milk 1% - 1/2 Pint oranges	18	19
20 Mexican Beef and Bean Casserole with Squash Milk 1% - 1/2 Pint Honey Dew Melon Cup	21 Beef and Vegetabke Stew with Corn Bread Milk 1% - 1/2 Pint Mandarin Orange Cup	22 Beef Spaghetti Rec-D-3 Steamed Corn Milk(cafe)1% Orange	23 Turkey Cutlet w/ Gravy Milk(cafe)1% Stuffing Pumpkin Pie Wheat Roll Cranberry Sauce French Green Beans	24 Chef's Choice Meal Milk(cafe)1% Apple Sauce 1/2 Cup	25 Chef's Choice Meal Milk(cafe)1% Tangerine	26 Chef's Choice Meal Milk(cafe)1% Orange
27 Beef and Vegetabke Stew with Corn Bread Milk 1% - 1/2 Pint Fruit Cocktail	28 Stuffed Peppers Milk 1% - 1/2 Pint Pear Cup	29 Beef and Vegetabke Stew with Corn Bread Milk 1% - 1/2 Pint Raisin Cup	30 Beef Stroganoff w. egg noodles green beans in brown butter Milk 1% - 1/2 Pint Honey Dew Melon Cup			