

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#4 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 Pork and Mushrooms with Pasta Florentine Milk 1% - 1/2 Pint	7 Pork in Balsamic Cherry Sauce with Rice Pilaf and Peas Milk 1% - 1/2 Pint	8 Blackforest Ham Honey glazed Milk 1% - 1/2 Pint Orange	9 Pork and Vegetable Sptew with lentils and Barley Milk 1% - 1/2 Pint Pineapple Cup	10 Pork Tacos Spanish Rice and Corn and peppers Milk 1% - 1/2 Pint Apple Suace Cup	11	12
13 Pork with Sage and Capers Milk 1% - 1/2 Pint Fruit Cocktail	14 Pork in Balsamic Cherry Sauce with Rice Pilaf and Peas Milk 1% - 1/2 Pint Peach Cup	15 Pork and Vegetable Sptew with lentils and Barley Milk 1% - 1/2 Pint Apricot Cup	16 Seared Pork Loin w Rosted Squash and Farro Milk 1% - 1/2 Pint Strawberry Cup	17 Quiche Loraine with Steamed Broccoli Milk 1% - 1/2 Pint oranges	18	19
20 Pork Stir-fry Milk 1% - 1/2 Pint Honey Dew Melon Cup	21 Pork Enchilada with Spanish Rice and sauteed corn Milk 1% - 1/2 Pint Mandarin Orange Cup	22 Pork with Peach and mustard glaze, Greens and Rice Pilaf Milk(cafe)1% Tangerine	23 Turkey Cutlet w/ Gravy Milk 1% - 1/2 Pint 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% Orange	26 Chef's Choice Meal Milk(cafe)1% Orange
27 Pork Loin & Gravy with mashed Potatoes and Green beans Milk 1% - 1/2 Pint Fruit Cocktail	28 Pork Cassolet with squash Milk 1% - 1/2 Pint Pear Cup	29 Hawaiian Pork w coconut rice and Grilled Vegetables Milk 1% - 1/2 Pint Raisin Cup	30 Pork with Peach and mustard glaze, Greens and Rice Pilaf Milk 1% - 1/2 Pint Honey Dew Melon Cup			