

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#1 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	Saturday	Sunday
		1 Chicken Dijon w/ Brussel Sprouts Milk 1% - 1/2 Pint Strawberry Cup Wheat Roll	2 Beef with Black Bean Sauce Fried Rice & Snow Peas Milk 1% - 1/2 Pint Honey Dew Melon	3 Grilled Chicken Salad with Greens and Asparagus Milk 1% - 1/2 Pint Tangerine	4 Chef's Choice Meal Milk 1% - 1/2 Pint Raisin Cup	5 Chef's Choice Meal Milk 1% - 1/2 Pint Cantaloupe Cup
6 Lemon Chicken with Aritchoke and Rice pilaf Milk 1% - 1/2 Pint Mandarin Orange Cup	7 Chicken Vegetable salad with Quinoa Milk 1% - 1/2 Pint Prune Cup	8 Salisbury Chicken with Noodles and stewed Carrots and Mushrooms Milk 1% - 1/2 Pint Orange	9 Harvest Chicken with Pasta and Grilled Vegetables Milk 1% - 1/2 Pint Pineapple Cup	10 Turkey & Fennel Salad Milk 1% - 1/2 Pint Apple Suace Cup	11 Chef's Choice Meal Milk 1% - 1/2 Pint Tangerine	12 Chef's Choice Meal Milk 1% - 1/2 Pint Cantaloupe Cup
13 Chicken Parmesan with Linguini and Roated Squash Milk 1% - 1/2 Pint Fruit Cocktail	14 Orange Chicken, stir fry veg and Rice Milk 1% - 1/2 Pint Peach Cup	15 Apricot Cup BBQ Chicken w Corn Bread and Carrots Milk 1% - 1/2 Pint	16 Southwest chicken salad Milk 1% - 1/2 Pint Strawberry Cup	17 Salisbury Chicken with Noodles and stewed Carrots and Mushrooms Milk 1% - 1/2 Pint oranges	18 Chef's Choice Meal Milk 1% - 1/2 Pint Pear Cup	19 Chef's Choice Meal Milk 1% - 1/2 Pint Raisin Cup
20 Chicken Milanese Milk 1% - 1/2 Pint Honey Dew Melon	21 Chicken Smothered In Mushrooms Milk 1% - 1/2 Pint Mandarin Orange Cup	22 Turkey Cutlet w/ Gravy Milk(cafe)1% Stuffing Pumpkin Pie Wheat Roll Cranberry Sauce French Green Beans	23 Chef's Choice Meal Milk(cafe)1%	24 Chef's Choice Meal Milk 1% - 1/2 Pint Apple Sauce 1/2 Cup	25 Chef's Choice Meal Milk 1% - 1/2 Pint Tangerine	26 Chef's Choice Meal Milk 1% - 1/2 Pint Cantaloupe Cup
27 Turkey Salisbury steak with Potatoes and Broccoli Milk 1% - 1/2 Pint Fruit Cocktail	28 Turkey Briana - Lentils, Rice over Season Cabbage Milk 1% - 1/2 Pint Pear Cup	29 Greek Chicken Spinach Salad Milk 1% - 1/2 Pint Raisin Cup	30 Chicken Pesto w/ Capalini and Broccoli Milk 1% - 1/2 Pint Honey Dew Melon			