

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

March 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 White Beans and pork Apple Stewed Collard Greens Milk 1% - 1/2 Pint Wheat Roll	2 Pork , chicken with winter vegetabel, Wheat Roll Milk 1% - 1/2 Pint Watermellon WW Penne Pasta Swiss Chard	3 Pork In Redwine Sauce with Onion Wheat Roll Roasted Beets Milk 1% - 1/2 Pint Orange		
6 Mumbai Pork Curry Seasoned Spinach Wheat Roll Milk 1% - 1/2 Pint Kiwi	7 Ginger pork SitrFry Vegetables Milk 1% - 1/2 Pint Wheat Roll Orange	8 Pork & chicken with winter vegetables Wheat Roll Milk 1% - 1/2 Pint Linguini with Lemon Sauce Orange	9 Pork Stir-fry French Green Beans Wheat Roll Milk 1% - 1/2 Pint Pineapple - Fresh	10 Peach and Mustard Glazed Pork Milk 1% - 1/2 Pint Wheat Roll Italian Vegetables Apple	11	12
13 Pork Stir-fry Roasted Butternut Squash Wheat Roll Milk 1% - 1/2 Pint Pear	14 Pork Loin with Onion and Raisin Chutney Wheat Roll Milk 1% - 1/2 Pint Stewed Carrots Honey Dew Melon	15 Pork Chops in Balsamic Cherry Sauce Wheat Roll Milk 1% - 1/2 Pint Green Peas Orange	16 Pork and Mushroom Milk 1% - 1/2 Pint Normandy Blend Vegetables Wheat Roll Pear	17 Pork Tacos Milk 1% - 1/2 Pint Wheat Roll Italian Vegetables Apple	18	19
20 Pulled Pork Sliders Mixed Vegetables Milk 1% - 1/2 Pint Wheat Roll Tangerine	21 Pork verde W/ Spanish Rice Wheat Roll Parsnips & Celery Root Milk 1% - 1/2 Pint Honey Dew Melon	22 pork tenderloin Italian style Wheat Roll Italian Vegetables Milk 1% - 1/2 Pint Pear	23 Pork loin Hawaiian style Lemon Glazed Broccoli Milk 1% - 1/2 Pint Wheat Roll Apple	24 Quiche Loraine Wheat Roll Roasted Butternut Squash Milk 1% - 1/2 Pint Pear	25	26
27 Seared Pork Chop Wheat Roll Milk 1% - 1/2 Pint Stewed Collard Greens Apple	28 Smothered Pork Chops Milk 1% - 1/2 Pint Wheat Roll Stir Fry Vegetables Pear	29 Beans and Ham Stewed Collard Greens Wheat Roll Milk 1% - 1/2 Pint Pineapple - Fresh Mashed Potatoes	30 Lentil and pork Wheat Roll Seasoned Zucchini Milk 1% - 1/2 Pint Kiwi	31 Southwest Pork Wheat Roll Milk 1% - 1/2 Pint Italian Vegetables Apple		

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Notations: <> = Entree Is High In sodium