

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

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
Monday	Tuesday	Wednesday	Thursday	Friday	Only Clients signed up for the weekend meal program receive weekend meals. Choice meal program is not available for weekend meals	
		1 Apple Steamed Corn Milk 1% - 1/2 Pint chicken with winter vegetable Tomato sauce Wheat Roll	2 Wheat Roll Milk 1% - 1/2 Pint Lemon Chicken Watermelon WW Penne Pasta Swiss Chard	3 Wheat Roll Roasted Beets Milk 1% - 1/2 Pint Orange Chicken ala King	4 Wheat Roll Milk 1% - 1/2 Pint Chef's Choice Meal Cantalope	5 Chef's Choice Meal Orange Milk 1% - 1/2 Pint Wheat Roll
6 Seasoned Spinach Chicken Caccitore Wheat Roll Milk 1% - 1/2 Pint Kiwi	7 SitrFry Vegetables Milk 1% - 1/2 Pint Chicken Dijon Wheat Roll Orange	8 Wheat Roll Milk 1% - 1/2 Pint Linguini with Lemon Sauce Chicken Melitzana Orange	9 French Green Beans Wheat Roll Turkey Tetrazzini Milk 1% - 1/2 Pint Pineapple - Fresh	10 Chicken Milanese Milk 1% - 1/2 Pint Wheat Roll Italian Vegetables Apple	11 Cantalope Wheat Roll Chef's Choice Meal Milk 1% - 1/2 Pint	12 Chef's Choice Meal Milk 1% - 1/2 Pint Wheat Roll Orange
13 Roasted Butternut Squash Wheat Roll Milk 1% - 1/2 Pint Chicken Pesto Bake Pear	14 Harvest Chicken w/Apples Wheat Roll Milk 1% - 1/2 Pint Stewed Carrots Honey Dew Melon	15 Wheat Roll Milk 1% - 1/2 Pint 5 Spice Chicken Green Peas Orange	16 Milk 1% - 1/2 Pint Normandy Blend Vegetables Wheat Roll Chicken Tikka Masala w. rice Pear	17 Milk 1% - 1/2 Pint Wheat Roll Orange Chicken w/ rice Peas & Carrots Apple	18 Chef's Choice Meal Cantalope Milk 1% - 1/2 Pint Wheat Roll	19 Wheat Roll Milk 1% - 1/2 Pint Chef's Choice Meal Orange
20 Chicken Parmesan Mixed Vegetables Milk 1% - 1/2 Pint Wheat Roll Tangerine	21 Wheat Roll Turkey Meatball w/Salsa Verde Parsnips & Celery Root Milk 1% - 1/2 Pint Honey Dew Melon	22 Wheat Roll Italian Vegetables Milk 1% - 1/2 Pint Turkey Meat Loaf Pear	23 Lemon Glazed Broccoli Chicken Smothered In Mushrooms Milk 1% - 1/2 Pint Wheat Roll Apple	24 Wheat Roll Greek Chicken Salad<> Seasoned Spinach Milk 1% - 1/2 Pint Pear	25 Wheat Roll Cantalope Chef's Choice Meal Milk 1% - 1/2 Pint	26 Wheat Roll Orange Milk 1% - 1/2 Pint Chef's Choice Meal
27 Wheat Roll Braised Chicken Milk 1% - 1/2 Pint Stewed Collard Greens Apple	28 Chicken Tacos Milk 1% - 1/2 Pint Wheat Roll Stir Fry Vegetables Pear	29 Stewed Collard Greens Wheat Roll Milk 1% - 1/2 Pint BBQ Chicken Pineapple - Fresh Mashed Potatoes	30 Wheat Roll Seasoned Zucchini Chicken stir fry w/ Brown Rice Milk 1% - 1/2 Pint Kiwi	31 Wheat Roll Milk 1% - 1/2 Pint Swiss turkey stew (Chilli) Italian Vegetables Apple		

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Notations: <> = Entree Is High In sodium