

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#2

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 Sweet and Sour Noodles Apple Steamed Corn Milk 1% - 1/2 Pint Wheat Roll	2 Multi Grain curry dish Milk 1% - 1/2 Pint Watermelon Swiss Chard Wheat Roll	3 Grilled Asparagus and Polenta Wheat Roll Roasted Beets Milk 1% - 1/2 Pint Orange		
6 Vegetable Omelet Seasoned Spinach Wheat Roll Milk 1% - 1/2 Pint Kiwi	7 Quinoa and Celery Root Gratin SitrFry Vegetables Milk 1% - 1/2 Pint Wheat Roll Orange	8 Kale and white bean Rigatoni Wheat Roll Milk 1% - 1/2 Pint Linguini with Lemon Sauce Orange	9 Broccoli Quiche French Green Beans Wheat Roll Milk 1% - 1/2 Pint Pineapple - Fresh	10 Vegetable Risotto Milk 1% - 1/2 Pint Wheat Roll Italian Vegetables Apple	11	12
13 Vegatable Stirfy with Tofu Roasted Butternut Squash Wheat Roll Milk 1% - 1/2 Pint Pear	14 Asparagus Rissoto Wheat Roll Milk 1% - 1/2 Pint Stewed Carrots Honey Dew Melon	15 Vegetarian Pasta Bake Wheat Roll Milk 1% - 1/2 Pint Green Peas Orange	16 Vegetarian Jambalaya Milk 1% - 1/2 Pint Normandy Blend Vegetables Wheat Roll Pear	17 vegetable frittata Milk 1% - 1/2 Pint Wheat Roll Peas & Carrots Apple	18	19
20 Vegetarian Chili Mixed Vegetables Milk 1% - 1/2 Pint Wheat Roll Tangerine	21 Savory Mushroom Crepes Wheat Roll Parsnips & Celery Root Milk 1% - 1/2 Pint Honey Dew Melon	22 Lentil and wheatberry salad Wheat Roll Italian Vegetables Milk 1% - 1/2 Pint Pear	23 Vegetarian Lasagna Lemon Glazed Broccoli Milk 1% - 1/2 Pint Wheat Roll Apple	24 Saag Tofu with Spinach Wheat Roll Seasoned Spinach Milk 1% - 1/2 Pint Pear	25	26
27 Pad Thai w/ Rice Noodles Wheat Roll Milk 1% - 1/2 Pint Stewed Collard Greens Apple	28 Pasta with Capers and Caramelized onion Milk 1% - 1/2 Pint Wheat Roll Stir Fry Vegetables Pear	29 Stewed Collard Greens Wheat Roll Milk 1% - 1/2 Pint Pineapple - Fresh Vegetable Cassoulet	30 Vegetable Cous Cous Wheat Roll Seasoned Zucchini Milk 1% - 1/2 Pint Kiwi	31 Tomato and white Bean Rigatoni Wheat Roll Milk 1% - 1/2 Pint Italian Vegetables Apple		

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Notations: <> = Entree Is High In sodium