

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

January 2018

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 Chef's Choice Meal	2 Chicken Mac with Cauliflower and Zucchini Wheat Roll Orange Milk 1% - 1/2 Pint	3 Baked Fish Creole with Dirty Rice and Vegetable Mix Milk 1% - 1/2 Pint Wheat Roll Fruit	4 Lemon Chicken with Arithoke and Rice Pilaf Seasonal vegetabel Tangerine Milk 1% - 1/2 Pint	5 Salisbury Chicken with Mashed Potatoes Garlic Brussel Sprouts Wheat Roll Fruit Milk 1% - 1/2 Pint	6 Chef's Choice Meal Wheat Roll Milk 1% - 1/2 Pint Cantaloupe Cup	7 Chef's Choice Meal Milk (cafe) 1% Wheat Roll Apple Sauce 1/2 Cup
8 Chicken Milanese Seasoned Spinach Wheat Roll Fruit Milk 1% - 1/2 Pint	9 Chicken Florentine with Seasonal Vegetables WW Penne Pasta Milk 1% - 1/2 Pint Orange	10 Orange Chicken, Stir Fry Vegetables, and Rice Milk 1% - 1/2 Pint Wheat Roll Kiwi	11 BBQ Chicken with Corn Bread and Carrots Wheat Roll Orange Milk 1% - 1/2 Pint	12 Chicken and Vegetable Cacciatore Over Pasta Italian Vegetables Wheat Roll Tangerine Milk 1% - 1/2 Pint	13 Chef's Choice Meal Wheat Roll Milk 1% - 1/2 Pint Honey Dew Melon Cup	14 Chef's Choice Meal Wheat Roll Milk 1% - 1/2 Pint Fruit
15 Chef's Choice Meal Wheat Roll Wheat Roll Oranges Milk 1% - 1/2 Pint	16 Turkey Cutlet with Gravy Capri Blend Vegetables Wheat Roll Cantaloupe Cup Milk 1% - 1/2 Pint	17 Chicken Dijon with Brussel Sprouts<> Stuffing Wheat Roll Tangerine Milk 1% - 1/2 Pint	18 Chickena ala King over Country Biscuit Scandinavian Vegetables Wheat Roll Fruit Milk 1% - 1/2 Pint	19 Teriyaki Chicken w. Brown rice Stir Fry Vegetables Wheat Roll Honey Dew Melon Cup Milk 1% - 1/2 Pint	20 Chef's Choice Meal Wheat Roll Fruit Milk 1% - 1/2 Pint	21 Chef's Choice Meal Wheat Roll Orange Milk 1% - 1/2 Pint
22 Chicken Tacos Corn and Black Beans Kiwi Milk 1% - 1/2 Pint	23 Turkey Divan Grilled vegetabel WW Penne Pasta Milk 1% - 1/2 Pint Fruit	24 Chicken Pesto with pasta and Broccoli Wheat Roll Orange Milk 1% - 1/2 Pint	25 Swiss Turkey Stew (Chilli) with WW Biscuit Wheat Roll Milk 1% - 1/2 Pint Coleslaw Fruit	26 Baked Fish with Lemon Dill sauce Brown Rice Pilaf Normandy Blend Vegetables Fruit Milk 1% - 1/2 Pint	27 Chef's Choice Meal Milk 1% - 1/2 Pint Wheat Roll Apple Sauce 1/2 Cup	28 Chef's Choice Meal Milk 1% - 1/2 Pint Wheat Roll Fruit
29 Chicken Melitzana Polenta Normandy Blend Vegetables Wheat Roll Orange Milk 1% - 1/2 Pint	30 Chicken Stir-Fry<> Brown Rice Stir Fry Vegetables Wheat Roll Fruit Milk 1% - 1/2 Pint	31 Chicken Tacos Spanish Rice Corn and Black Beans Banana Milk 1% - 1/2 Pint				