

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

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	6	7
1 Vegetarian Chili and Corn Bread Wheat Roll Orange Milk 1% - 1/2 Pint	2 Vegetarian Chili and Corn Bread Wheat Roll Orange Milk 1% - 1/2 Pint	3 Vegetable Lasagna Italian Vegetables Wheat Roll Milk 1% - 1/2 Pint Fruit	4 Mushroom Stroganoff with Peas Wheat Roll Tangerine Milk 1% - 1/2 Pint	5 Spaghetti with Marinara Sauce Garlic Brussel Sprouts Wheat Roll Fruit Milk 1% - 1/2 Pint		
8 Quinoa and Black Beans Tofu Seasoned Spinach Fruit Milk 1% - 1/2 Pint Wheat Roll	9 Sweet and Sour Noodles Stir Fry Vegetables Wheat Roll Orange Milk 1% - 1/2 Pint	10 Broccoli Quiche with Bean Salad Milk 1% - 1/2 Pint Wheat Roll Kiwi	11 Jambalaya with Tempeh Wheat Roll Orange Milk 1% - 1/2 Pint	12 Eggplant Parmesan Italian Vegetables Wheat Roll Tangerine Milk 1% - 1/2 Pint	13	14
15 Holiday - Closed	16 Spring Vegetable Paella Wheat Roll Milk (cafe) 1% Fruit	17 Vegetable Cassoulet<> Italian Vegetables Wheat Roll Tangerine Milk 1% - 1/2 Pint	18 Vegetable Stir Fry with Tofu and Rice Noodles Wheat Roll Fruit Milk 1% - 1/2 Pint	19 Vegetable Frittata Scallop Potatoes Wheat Roll Honey Dew Melon Cup Milk 1% - 1/2 Pint	20	21
22 Veggie Loaf with WW Penne Pasta and Sauce Seasonal vegetable Wheat Roll Kiwi Milk 1% - 1/2 Pint	23 Vegetarian Chili and Corn Bread Fruit Milk 1% - 1/2 Pint	24 Vegetable Cassoulet<> Wheat Roll Fruit Milk 1% - 1/2 Pint	25 Mushroom and Lentil Bake Lemon Glazed Broccoli Wheat Roll Fruit Milk 1% - 1/2 Pint	26 Tofu with Spinach, Buckwheat Noodles, & Eggplant Wheat Roll Milk 1% - 1/2 Pint Fruit	27	28
29 Spinach and Pesto Linguini Italian Vegetables Wheat Roll Orange Milk 1% - 1/2 Pint	30 Vegetable Stew and Couscous Wheat Roll Milk 1% - 1/2 Pint Fruit	31 Vegetarian Pasta Bake Italian Vegetables Wheat Roll Banana Milk 1% - 1/2 Pint				