

707-525-0383 - En español: 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#3

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 2 Beef and Broccoli Stir-Fry with Fried Rice Wheat Roll Orange Milk 1% - 1/2 Pint	3 Beef and Vegetable Stew with Bisquit Milk 1% - 1/2 Pint Wheat Roll Fruit	4 Chili Macaroni with Stewed Carrots and Broccoli Wheat Roll Tangerine Milk 1% - 1/2 Pint	5 Beef Stroganoff with garlic brussel sprouts Garlic Brussel Sprouts Wheat Roll Fruit Milk 1% - 1/2 Pint	6	7	
8 Beef Meat Loaf, Mashed Potatoes, and Spinach Seasoned Spinach Wheat Roll Fruit Milk 1% - 1/2 Pint	9 Spaghetti with Meat Sauce and Steamed Broccoli Wheat Roll Milk 1% - 1/2 Pint Orange	10 Beef, Vegetable, and Lentil Stew Milk 1% - 1/2 Pint Wheat Roll Kiwi	11 Pot Roast with Braised Vegetables and Roasted Potatoes Wheat Roll Orange Milk 1% - 1/2 Pint	12 Beef and Broccoli Stir-Fry with Fried Rice Wheat Roll Tangerine Milk 1% - 1/2 Pint	13	14
15 Holiday - Closed	16 Beef with Black Bean Sauce, Fried Rice, and Snow Peas Milk 1% - 1/2 Pint Wheat Roll Fruit	17 Beer Braised Flank Steak with Steamed Cabbage and Zucchini in Brown Butter Wheat Roll Milk 1% - 1/2 Pint Tangerine	18 Beefaroni with Steamed Vegetables Milk 1% - 1/2 Pint Wheat Roll Fruit	19 Beef Stew with Polenta and Root Vegetable Wheat Roll Honey Dew Melon Cup Milk 1% - 1/2 Pint	20	21
22 Spaghetti with Meat Sauce Italian Vegetables Wheat Roll Kiwi Milk 1% - 1/2 Pint	23 Spaghetti Bolognese Wheat Roll Fruit Milk 1% - 1/2 Pint	24 Beef Stew with Vegetables Wheat Roll Milk 1% - 1/2 Pint Wheat Roll Fruit	25 Beef and Broccoli Stir-Fry with Fried Rice Fruit Wheat Roll Milk 1% - 1/2 Pint	26 Beef Meat Loaf, Mashed Potatoes Wheat Roll Fruit Milk 1% - 1/2 Pint	27	28
29 Beef Stew with Polenta and Root Vegetable Wheat Roll Milk 1% - 1/2 Pint Orange	30 Beef, Vegetable, and Lentil Stew with Bisquit Milk 1% - 1/2 Pint Fruit	31 Beefaroni with Steamed Vegetables Wheat Roll Milk 1% - 1/2 Pint Banana				