

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#4

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 Pork Cassolet with White Beans & Butternut Squash Wheat Roll Orange Milk 1% - 1/2 Pint	2 Pork and Mushrooms with Pasta Florentine Capri Blend Vegetables Wheat Roll Fruit Milk 1% - 1/2 Pint	3 Pork, Fennel, & Roasted Vegetables Wheat Roll Tangerine Milk 1% - 1/2 Pint	4 Pork Loin and Gravy with Whipped Sweet Potatoes and Veggie Mix Wheat Roll Milk 1% - 1/2 Pint Fruit	5 Pork and Vegetable Stew with Lentils and Barley Milk 1% - 1/2 Pint Wheat Roll Fruit	6 Pork Carnita and Pinto Beans in Red Sauce and Seasonal Vegetables Wheat Roll Milk 1% - 1/2 Pint Tangerine	7 Pork Carnita and Pinto Beans in Red Sauce and Seasonal Vegetables Wheat Roll Milk 1% - 1/2 Pint Tangerine
8 Pork and Vegetable Stew with Lentils and Barley Milk 1% - 1/2 Pint Wheat Roll Fruit	9 Pork Tacos, Spanish Rice, Corn, and Peppers Wheat Roll Milk 1% - 1/2 Pint Orange	10 Pork with Sage and Capers, Rice Pilaf, and Stewed Carrots Wheat Roll Milk 1% - 1/2 Pint Kiwi	11 Quiche Loraine Seasonal Vegetable Milk 1% - 1/2 Pint Orange	12 Pork Carnita and Pinto Beans in Red Sauce and Seasonal Vegetables Wheat Roll Milk 1% - 1/2 Pint Tangerine	13 Pork Carnita and Pinto Beans in Red Sauce and Seasonal Vegetables Wheat Roll Milk 1% - 1/2 Pint Honey Dew Melon Cup	14 Pork Carnita and Pinto Beans in Red Sauce and Seasonal Vegetables Wheat Roll Milk 1% - 1/2 Pint Honey Dew Melon Cup
15 Holiday - Closed	16 Hawaiian Pork with Coconut Rice and Grilled Vegetables Wheat Roll Milk 1% - 1/2 Pint Fruit	17 Pork in Balsamic Cherry Sauce with Rice Pilaf and Peas Wheat Roll Milk 1% - 1/2 Pint Tangerine	18 Pork Roast with Scalloped Potatoes, Carmalized Onion, and Spinach Wheat Roll Fruit Milk 1% - 1/2 Pint	19 Pork Carnita and Pinto Beans in Red Sauce and Seasonal Vegetables Wheat Roll Milk 1% - 1/2 Pint Honey Dew Melon Cup	20 Pork Carnita and Pinto Beans in Red Sauce and Seasonal Vegetables Wheat Roll Milk 1% - 1/2 Pint Honey Dew Melon Cup	21 Pork Carnita and Pinto Beans in Red Sauce and Seasonal Vegetables Wheat Roll Milk 1% - 1/2 Pint Honey Dew Melon Cup
22 Pork Raisin Chutney with Stewed Greens Wheat Roll Milk 1% - 1/2 Pint Kiwi	23 Pork with Peach and Mustard Glaze, Greens, and Rice Pilaf Wheat Roll Fruit Milk 1% - 1/2 Pint	24 Pork Carnita and Pinto Beans in Red Sauce and Seasonal Vegetables Wheat Roll Milk 1% - 1/2 Pint Fruit	25 Pork and Vegetable Stew with Lentils and Barley Wheat Roll Milk 1% - 1/2 Pint Coleslaw	26 Wheat Roll Milk 1% - 1/2 Pint Fruit Pork Roast with Scalloped Potatoes, Carmalized Onion, and Spinach	27 Pork Carnita and Pinto Beans in Red Sauce and Seasonal Vegetables Wheat Roll Milk 1% - 1/2 Pint Honey Dew Melon Cup	28 Pork Carnita and Pinto Beans in Red Sauce and Seasonal Vegetables Wheat Roll Milk 1% - 1/2 Pint Honey Dew Melon Cup
29 Pork with Peach and Mustard Glaze, Greens, and Rice Pilaf Wheat Roll Milk 1% - 1/2 Pint Orange	30 Pork Verde with Rice and Vegetables Milk 1% - 1/2 Pint Wheat Roll Fruit	31 Pork Raisin Chutney with Stewed Greens Brown Rice Wheat Roll Banana Milk 1% - 1/2 Pint				