

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 February 2018

Café

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
Monday	Tuesday	Wednesday	Thursday	Friday	Only Clients signed up for the weekend meal program receive weekend meals. Choice meal program is not available for weekend meals	
			1 Beef and Broccoli Stir-Fry with Rice Wheat Roll Tangerine Milk 1% - 1/2 Pint	2 Fruit Salad Baked Fish Creole with Rice and Vegetable Mix Wheat Roll Milk 1% - 1/2 Pint	3	4
5 Beef Meat Loaf, Mashed Potatoes Wheat Roll Milk 1% - 1/2 Pint Orange	6 Tuna Casserole with Broccoli Wheat Roll Milk 1% - 1/2 Pint Fruit Salad	7 DF/HH Grilled Pork Tenderloin Mustard sauce Wheat Roll Kiwi Milk 1% - 1/2 Pint	8 Spaghetti Bolognese & Broccoli Wheat Roll Banana Milk 1% - 1/2 Pint	9 Chicken Florentine with Seasonal Vegetables Wheat Roll Milk 1% - 1/2 Pint Fruit	10	11
12 Chicken and Mushroom Pilaf with Italian Veggies Wheat Roll Milk 1% - 1/2 Pint Tangerine	13 Baked Fish with Lemon Dill Sauce, Steamed Brown Rice, and Broccoli Wheat Roll Milk 1% - 1/2 Pint Fruit Salad	14 Chicken Dijon with Brussel Sprouts Wheat Roll Milk 1% - 1/2 Pint Fruit	15 Beefaroni with Steamed Vegetables Wheat Roll Milk 1% - 1/2 Pint Fruit	16 Chicken Cacciatore & Vegetable Wheat Roll Milk 1% - 1/2 Pint Apple Sauce 1/2 Cup	17	18
19 Holiday - Closed Milk 1% - 1/2 Pint Wheat Roll Orange	20 Chicken Picatta with Rice & Vegetable Wheat Roll Milk 1% - 1/2 Pint Kiwi	21 Turkey Cutlet with Gravy Wheat Roll Milk 1% - 1/2 Pint Fruit Salad Grilled Vegetable	22 Chili Con Carne with Jalapeno Corn Wheat Roll Milk 1% - 1/2 Pint Tangerine	23 Salmon Rissotto with Peas and Asparagus Wheat Roll Milk 1% - 1/2 Pint Fruit	24	25
26 Thai Beef Bowl with Steamed Rice Wheat Roll Milk 1% - 1/2 Pint Kiwi	27 Pork Verde with Rice and Black Beans and Corn Wheat Roll Milk 1% - 1/2 Pint Fruit Salad	28 Swiss Turkey Stew (Chili) Wheat Roll Milk 1% - 1/2 Pint Orange				

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Notations: <> = Entree Is High In sodium