

MARCH MENU

	MON 3/3	TUES 3/4	WED 3/5	THURS 3/6	FRI 3/7
Poultry	BBQ Chicken	Garlic Honey Chicken	Baked Herb Chicken	Mac & Cheese w/Chicken	Tandoori Chicken
Vegetarian	BBQ Lentils	Black Pepper Tofu	Baked Herb Tempeh	Mac & Cheese w/Mush&TVP	Tandoori Tofu
Fish, Beef, Pork	BBQ Pork	Garlic Beef	Baked Herb Pork	Beefaroni	Tandoori Fish
Café	Chicken Salad Sandwich/Salad	Garlic Beef	Baked Herb Chicken	Beefaroni	Tandoori Chicken
Veg 1	White Bean	Stir Fry Vegetables	Broccoli	Green Beans	Green Peas
Veg 2	Stewed Greens			Carrots	Indian Spiced Garbanzos
Fruit	Applesauce	Tropical Fruit Cup	Kiwi	Banana	Pineapple
Grain	Bulgar	Fried Rice	Roasted Red Potatoes		Lime Rice
	MON 3/10	TUES 3/11	WED 3/12	THURS 3/13	FRI 3/14
Poultry	Chicken Verde	Curry Chicken	Turkey & Veg Chili	Chicken Piccata	Chicken Pot Pie
Vegetarian	Southwest Frittata	Curry Tofu	Vegetarian Chili	Tofu Piccata	TVP Pot Pie
Fish, Beef, Pork	Pork Verde	Curry Pork	Chili Con Carne	Fish Piccata	Beef Pot Pie
Café	Pesto Chicken Sandwich/Salad	Curry Pork	Chili Con Carne	Chicken Piccata	Chicken Pot Pie
Veg 1	Spinach	Key West Blend Vegetables	5 Way Mixed Vegetables	Capri Vegetables	Roasted Cauliflower
Veg 2	Black Beans				
Fruit	Peach Cup	Applesauce	Banana	Pineapple	Orange
Grain	Spanish Rice	Coconut Rice	Bulgar	Barley	Potato Medley
	MON 3/17	TUES 3/18	WED 3/19	THURS 3/20	FRI 3/21
Poultry	Chili, Lime, Cumin Chicken	Teriyaki Chicken	Chicken w/SDT Florentine	Lemon Pepper Chicken	Chicken Parmesan
Vegetarian	Chili, Lime, Cumin TVP	Teriyaki Tofu	TVP w/SDT Florentine	Lemon Pepper Tofu	Lentil Bolognese
Fish, Beef, Pork	Chili, Lime, Cumin Beef	Teriyaki Beef	Fish w/SDT Florentine	Lemon Pepper Fish	Italian Pork Ragu
Café	BBQ Chicken Sandwich/Salad	Teriyaki Beef	Fish w/SDT Florentine	Lemon Pepper Chicken	Italian Pork Ragu
Veg 1	Green Beans	Stir Fry Vegetables	Italian Vegetables	Stewed Greens	Roasted Cauliflower
Veg 2	Pinto Beans			Corn	Carrots
Fruit	Peach Cup	CA Fruit Blend	Orange	Kiwi	Banana
Grain	Quinoa	Fried Rice	Bulgar	Barley	Pasta
	MON 3/24	TUES 3/25	WED 3/26	THURS 3/27	FRI 3/28
Poultry	Chicken Enchiladas	Turkey Sloppy Joe	Chicken Apple Cranberry	Chicken Meatball Marinara	Chicken Cacciatore
Vegetarian	TVP w/Enchilada Sauce	TVP Sloppy Joe	Tempeh Apple Cranberry	TVP w/Marinara	Lentil Cacciatore
Fish, Beef, Pork	Beef Colorado	Beef Meatloaf w/Glaze	Pork Apple Cranberry	Beef Meatball Marinara	Fish Cacciatore
Café	Egg Salad Sandwich/Salad	Beef Meatloaf w/Glaze	Chicken Apple Cranberry	Beef Meatball Marinara	Fish Cacciatore
Veg 1	Black Beans	5 Way Mixed Vegetables	Spinach	Peas & Carrots	Brussels, Mushrooms
Veg 2	Broccoli				Green Beans
Fruit	Orange	Bananas	Tropical Fruit Cup	Applesauce	Peach Cup
Grain	Spanish Rice	Brown Rice	Sweet Potato	Pasta	Quinoa
	MON 3/31	 <p>COA council on aging living better, together.</p>		<p>To cancel a delivery, call 707-525-0143 x135 48 hrs. in advance. Meals are low fat, low sodium, no sugar added. A contribution of \$4.00 per meal is suggested, but not required. All meals are served with milk. Rolls will be served with meals that have potatoes in place of a whole grain.</p> <p>Weekend Meals are Chef's Choice.</p>	
Poultry	Chicken Tikka Masala				
Vegetarian	Tofu Tikka Masala				
Fish, Beef, Pork	Fish Tikka Masala				
Café	Chicken Salad Sandwich/Salad				
Veg 1	Indian Spiced Garbanzos				
Veg 2	Spinach				
Fruit	Kiwi				
Grain	Quinoa				



