



Call in advance to cancel your meal service 707-525-0143 ext 135.

Meals are low fat, low sodium, no sugar added. A contribution of \$4.00 per meal is suggested, but not required.

NOVEMBER MENU

We are closed on these dates:
11-11 - Veterans Day
11-28 - Thanksgiving
11-29 Day after Thanksgiving
 Holiday Meals will be Delivered in advance of the Holiday

Poultry	Tandoori Chicken
Vegetarian	Tandoori Tofu
Fish, Beef, Pork	Tandoori Fish
Café	Tandoori Chicken
Veg 1	Spinach
Veg 2	Indian Spiced Garbanzos
Fruit	Pineapple
Grain	Lime Rice

	MON 11/4	TUES 11/5	WED 11/6	THURS 11/7	FRI 11/8
Poultry	Chicken Verde	Chicken Pot Pie	Turkey & Veg Chili 6oz	Chicken Meatball Marinara	Curry Chicken
Vegetarian	Southwest Frittata	TVP Pot Pie	Gardenburger	TVP w/Marinara	Curry Tofu
Fish, Beef, Pork	Pork Verde	Beef Pot Pie	Italian Pork Ragu	Beef Meatball Marinara	Curry Pork
Café	Pesto Chicken Sandwich w/Salad	Beef Pot Pie	Turkey Veg Chili	Chick Meatball Marinara	Curry Pork
Veg 1	Corn	Cauliflower	5 Way Mixed Veg	Peas & Carrots	Stir Fry Veg
Veg 2	Black Beans				
Fruit	Peach Cup	Applesauce	Banana	Pineapple	Orange
Grain	Spanish Rice	Potato Medley	Bulgar	Pasta	Brown Rice
	MON 11/11 Closed	TUES 11/12	WED 11/13	THURS 11/14	FRI 11/15
Poultry	Chili, Lime, Cumin Chicken	Teriyaki Chicken	Chicken w/SDT Florentine	Cajun Chicken	Chicken Piccata
Vegetarian	Chili, Lime, Cumin TVP	Teriyaki Tofu	TVP w/SDT Florentine	Cajun TVP	Lentil Bolognese
Fish, Beef, Pork	Chili, Lime, Cumin Beef	Teriyaki Beef	Fish w/SDT Florentine	Cajun Pork	Fish Piccata
Café		Teriyaki Beef	Chicken w/SDT Florentine	Cajun Chicken	Fish Piccata
Veg 1	Green Beans	Stir Fry Veg	Italian Vegetables	Spinach	Brussels Sprouts
Veg 2	Pinto Beans			Corn	Carrots
Fruit	Peach Cup	CA Fruit Blend	Orange	Kiwi	Banana
Grain	Quinoa	Fried Rice	Barley	Lime Rice	Pasta
	MON 11/18	TUES 11/19	WED 11/20	THURS 11/21	FRI 11/22
Poultry	Chicken Enchiladas	Chicken w/Mushrooms	Chicken Apple Cranb	Chicken Meatball Creole	Chicken Cacciatore
Vegetarian	Tvp w/Enchilada Sauce	Vegetable Frittata	Tempeh Apple Cranb	TVP w/Creole Sauce	Lentil Cacciatore
Fish, Beef, Pork	Beef Colorado	Pork w/Mushrooms	Pork Apple Cranb	Beef Meatball Creole	Fish Cacciatore
Café	Egg Salad Sandwich w/Salad	Pork w/Mushrooms	Chicken Apple Cranb	Beef Meatball Creole	Fish Cacciatore
Veg 1	Black Beans	Capri	Sweet Potato	Peas & Carrots	Italian Veg
Veg 2	Broccoli		Green Beans		
Fruit	Orange	Banana	Tropical Fruit Cup	Applesauce	Peach Cup
Grain	Spanish Rice	Bulgar	Pasta	Brown Rice	Barley
	MON 11/25	TUES 11/26	WED 11/27	THURS 11/28 Thanksgiving	FRI 11/29 Closed
Poultry	Chicken Tikka Masala	Balsamic Chicken	Citrus Mar Chicken	Turkey Thigh w/ Gravy	Italian Baked Chicken
Vegetarian	Tofu Tikka Masala	Balsamic Tofu	Broccoli & Cheddar Frittata	Tempeh w/Mushroom Gravy	Parmesean Veg Patty
Fish, Beef, Pork	Fish Tikka Masala	Balsamic Pork	Citrus Marinated Pork		Italian Baked Fish
Café	Chicken Salad Sandwich w/Salad	Balsamic Chicken	Thanksgiving Meal w/ Pumpkin Pie		
Veg 1	Indian Spiced Garbanzos	5 Way Mixed Veg	Cauliflower	Green Beans & Brussels Sprouts	Broccoli, Peas, Shrooms
Veg 2	Spinach			Cranberry	
Fruit	Kiwi	Orange	CA Fruit Blend	Pineapple	Applesauce
Grain	Quinoa	Rotini	Potato Medley	Stuffing & Cookie	Pasta

Milk is served with every meal. Roll will be served only when potatoes are served. Menu subject to change. All grains & pasta are whole grains