

JANUARY, 2025 MENU



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.

We are closed on 1/1 New Year's Day and 1/20 Martin Luther King Jr. Bday

			WED 1/1 (CLOSED)	THU 1/2	FRI 1/3
			Chicken Apple Cranb	Chicken Meatball Marinara	Chicken Cacciatore
			Tempeh Apple Cranb	TVP w/Marinara	Lentil Cacciatore
			Pork Apple Cranb	Beef Meatball Marinara	Fish Cacciatore
			Congregate Closed	Beef Meatball Marinara	Fish Cacciatore
			Spinach	Peas & Carrots	Brussel Sprouts
					Mushrooms & Green Beans
			Tropical Fruit Cup	Applesauce	Peach Cup
			Sweet Potato, Roll	Pasta	Quinoa
	MON 1/6	TUES 1/7	WED 1/8	THURS 1/9	FRI 1/10
Poultry	Chicken Tikka Masala	Sweet & Sour Chicken	Citrus Mar Chicken	Chicken Alfredo	Italian Baked Chicken
Vegetarian	Tofu Tikka Masala	Sweet & Sour Tofu	Broccoli & Cheddar Frittata	TVP Alfredo	Parmesan VEG Patty
Fish, Beef, Pork	Fish Tikka Masala	Sweet & Sour Pork	Citrus Marinated Pork	Beef Bolognese	Italian Baked Fish
Café	Chicken & Apple/Green Salad	Sweet & Sour Chicken	Citrus Mar Chicken	Beef Bolognese	Italian Baked Chicken
Veg 1	Indian Spiced Garbanzos	Stir Fry Veg	Brussel Sprouts	Capri	Artichokes and Tomatoes
Veg 2	Spinach				White Beans
Fruit	Kiwi	Orange	CA Fruit Blend	Pineapple	Applesauce
Grain	Quinoa	Fried Rice	Potato Medley, Roll	Pasta	Barley
	MON 1/13	TUES 1/14	WED 1/15	THURS 1/16	FRI 1/17
Poultry	Chicken Fajitas	Chicken Peperonata	Salisbury Chicken	Chicken w/ Pesto	Hoisin Chicken
Vegetarian	TVP Fajitas	Garlic Marinated Tofu	SALISBURY Tempeh	Tofu w/Pesto	Hoisin Tofu
Fish, Beef, Pork	Beef Fajitas	Fish Peperonata	Salisbury Steak	Fish w/Pesto	Hoisin Beef
Café	Turkey & Swiss, Beet Salad	Fish Peperonata	Salisbury Steak	Chicken w/ Pesto	Hoisin Beef
Veg 1	Pinto Beans	Broccoli and Peas	Green Beans	Italian Vegetables	Stir Fry Veg
Veg 2	Carrots	Mushrooms			
Fruit	CA Fruit Blend	Kiwi	Banana	Applesauce	Tropical Fruit Cup
Grain	Spanish Rice	Quinoa	Mashed Potato, Roll	Rotini	Fried Rice
	MON 1/20 (CLOSED)	TUES 1/21	WED 1/22	THURS 1/23	FRI 1/24
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/Mushrooms & TVP	Tandoori Tofu
Fish, Beef, Pork	BBQ Pork	Garlic Beef	Baked Herb Pork	Beefaroni	Tandoori Fish
Café	Congregate Closed	Garlic Beef	Baked Herb Chicken	Beefaroni	Tandoori Chicken
Veg 1	White Beans	Stir Fry Veg	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, Roll		Lime Rice
	MON 1/27	TUES 1/28	WED 1/29	THURS 1/30	FRI 1/31
Poultry	Chicken Verde	Curry Chicken	Turkey & Veg Chili 6oz	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, Carrot/Apple Salad	Curry Pork	Chili Con Carne	Chicken Piccata	Chicken Pot Pie
Veg 1	Spinach	Key West Blend	5 Way Mixed Veg	Capri	Cauliflower
Veg 2	Black Beans				
Fruit	Peach Cup	Applesauce	Banana	Pineapple	Orange
Grain	Spanish Rice	Coconut Rice	Bulgar	Barley	Potato Medley, Roll

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.