

MENU SUBJECT TO CHANGE DUE TO AVAILABILITY

MONTH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AUGUST				AUGUST 8/1 Fish with Pesto Sauce, Italian Vegetable Blend, Rigatoni, Kiwi	8/2 Fish Peperonata, Garlic Roasted Broccoli, Seasoned Chickpeas, Brown Rice, Cantaloupe
	8/5 Paprika Fish, Seasoned White Beans, Stewed Greens, Bulgar, Applesauce	8/6 Garlic Beef, Stir Fry Vegetable Medley, Fried Rice, Tropical Fruit Cup	8/7 Baked Herb Pork Loin, Garlic Roasted Broccoli, Roasted Red Potatoes, Kiwi	8/8 Beefaroni, Capri Blend, Watermelon	8/9 Tandoori Fish, Spinach, Indian Spiced Garbanzo Beans, Cilantro Lime Rice, Pineapple
	8/12 Pork Verde, Green Beans, Black Beans, Spanish Brown Rice, Applesauce	8/13 Beef Pot Pie, Garlic Roasted Cauliflower, Potato Medley, Peach Cup	8/14 Italian Pork Ragu, 5 Way Vegetable Medley, Bulgar, Banana	8/15 Beef Meatball and Marinara, Peas & Carrots, Pasta, Pineapple	8/16 Sweet & Sour Pork, Stir Fry Vegetable Medley, Fried Rice, Orange
	8/19 Chili Lime Cumin Beef, Green Beans, Pinto Beans, Couscous, Peach Cup	8/20 Teriyaki Beef, Stir Fry Vegetable Medley, Fried Rice, California Fruit Blend	8/21 Fish & Sun Dried Tomato Florentine Sauce, Italian Vegetable Blend, Barley, Orange	8/22 Cajun Pork, Spinach, Corn, Lime Rice, Kiwi	8/23 Fish Piccata, Zucchini, Tomatoes & Green Beans, Quinoa, Honeydew Melon
	8/26 Beef Colorado, Broccoli, Black Beans, Spanish Brown Rice, Tropical Fruit Cup	8/27 Pork with Mushrooms, Capri Blend, Bulgar, Banana	8/28 Pork Melitzana, Summer Squash, Pasta, Orange	8/29 Meatloaf w/ Glaze, Peas & Carrots, Brown Rice, Pineapple	8/30 Fish Cacciatore, Green Beans, Mushrooms & Summer Squash, Barley, California Fruit Blend
SEPTEMBER	SEPTEMBER 9/2 Fish Tikka Masala, Spinach, Indian Spiced Garbanzos Beans, Quinoa, Applesauce	9/3 Balsamic Pork, Zucchini, Peppers & Tomatoes, Couscous, Banana	9/4 Citrus Marinated Pork, Garlic Roasted Broccoli, Potato Medley, Watermelon	9/5 Chili Con Carne, Capri Blend, Pasta, Pineapple	9/6 Italian Baked Fish, Broccoli, Peas & Mushrooms, Barley, Kiwi
	9/9 Beef & Vegetable Fajitas, Pinto Beans, Carrots, Spanish Brown Rice, California Fruit Blend	9/10 BBQ Pork, Garlic Roasted Cauliflower, Corn, Bulgar, Applesauce	9/11 Salisbury Steak, Green Beans, Mashed Potatoes, Banana	9/12 Fish with Pesto Sauce, Italian Vegetable Blend, Rigatoni, Kiwi	9/13 Fish Peperonata, Garlic Roasted Broccoli, Seasoned Chickpeas, Brown Rice, Cantaloupe
	9/16 Paprika Fish, Seasoned White Beans, Stewed Greens, Bulgar, Applesauce	9/17 Garlic Beef, Stir Fry Vegetable Medley, Fried Rice, Tropical Fruit Cup	9/18 Baked Herb Pork Loin, Garlic Roasted Broccoli, Roasted Red Potatoes, Kiwi	9/19 Beefaroni, Capri Blend, Watermelon	9/20 Tandoori Fish, Spinach, Indian Spiced Garbanzo Beans, Cilantro Lime Rice, Pineapple
	9/23 Pork Verde, Green Beans, Black Beans, Spanish Brown Rice, Applesauce	9/24 Beef Pot Pie, Garlic Roasted Cauliflower, Potato Medley, Peach Cup	9/25 Italian Pork Ragu, 5 Way Vegetable Medley, Bulgar, Banana	9/26 Beef Meatball and Marinara, Peas & Carrots, Pasta, Pineapple	9/27 Sweet & Sour Pork, Stir Fry Vegetable Medley, Fried Rice, Orange
	9/30 Chili Lime Cumin Beef, Green Beans, Pinto Beans, Couscous, Peach Cup				
OCTOBER		OCTOBER 10/1 Teriyaki Beef, Stir Fry Vegetable Medley, Fried Rice, California Fruit Blend	10/2 Fish & Sun Dried Tomato Florentine Sauce, Italian Vegetable Blend, Barley, Orange	10/3 Cajun Pork, Spinach, Corn, Lime Rice, Kiwi	10/4 Fish Piccata, Zucchini, Tomatoes & Green Beans, Quinoa, Honeydew Melon
	10/7 Beef Colorado, Broccoli, Black Beans, Spanish Brown Rice, Tropical Fruit Cup	10/8 Pork with Mushrooms, Capri Blend, Bulgar, Banana	10/9 Pork Melitzana, Summer Squash, Pasta, Orange	10/10 Meatloaf w/ Glaze, Peas & Carrots, Brown Rice, Pineapple	10/11 Fish Cacciatore, Green Beans, Mushrooms & Summer Squash, Barley, California Fruit Blend
	10/14 Fish Tikka Masala, Spinach, Indian Spiced Garbanzos Beans, Quinoa, Applesauce	10/15 Balsamic Pork, Zucchini, Peppers & Tomatoes, Couscous, Banana	10/16 Citrus Marinated Pork, Garlic Roasted Broccoli, Potato Medley, Watermelon	10/17 Chili Con Carne, Capri Blend, Pasta, Pineapple	10/18 Italian Baked Fish, Broccoli, Peas & Mushrooms, Barley, Kiwi
	10/21 Beef & Vegetable Fajitas, Pinto Beans, Carrots, Spanish Brown Rice, California Fruit Blend	10/22 BBQ Pork, Garlic Roasted Cauliflower, Corn, Bulgar, Applesauce	10/23 Salisbury Steak, Green Beans, Mashed Potatoes, Banana	10/24 Fish with Pesto Sauce, Italian Vegetable Blend, Rigatoni, Kiwi	10/25 Fish Peperonata, Garlic Roasted Broccoli, Seasoned Chickpeas, Brown Rice, Cantaloupe
	10/28 Paprika Fish, Seasoned White Beans, Stewed Greens, Bulgar, Applesauce	10/29 Garlic Beef, Stir Fry Vegetable Medley, Fried Rice, Tropical Fruit Cup	10/30 Baked Herb Pork Loin, Garlic Roasted Broccoli, Roasted Red Potatoes, Kiwi	10/31 Beefaroni, Capri Blend, Watermelon	

All Meals are Low-Sodium, Low-Fat, No Added Sugar, and Served with a Wheat Roll and 1% Milk.

It costs \$9.00 to produce each meal. A \$4.00 contribution per meal is suggested, but any amount is appreciated.

*If you are not going to be home to accept your meal delivery, please call us 48 hrs. in advance to cancel your delivery at 707-525-0143 x 135*

**Our offices will be closed on the following Dates: 5/27, 6/19, 7/4, 9/2**