

# OCTOBER MENU

|                  |                                                                                                       | MEAL DELIVERY SCHEDULE                                                                                                                                                | WED 10/1                 | THURS 10/2                    | FRI 10/3                 |
|------------------|-------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------|-------------------------------|--------------------------|
| Poultry          | <br>council on aging | # of meals delivered<br>based on how many meals<br>you are scheduled for<br>(Max 5 per week)<br>Tuesday (1 meal)<br>Wednesday (1 or 2 meals)<br>Friday (1 or 2 meals) | Baked Herb Chicken       | Mac & Cheese w/Chicken        | Tandoori Chicken         |
| Vegetarian       |                                                                                                       |                                                                                                                                                                       | Baked Herb Tempeh        | Mac & Cheese TVP w/ Mushrooms | Tandoori Tofu            |
| Fish, Beef, Pork |                                                                                                       |                                                                                                                                                                       | Baked Herb Pork          | Beefaroni                     | Tandoori Fish            |
| Veg 1            |                                                                                                       |                                                                                                                                                                       | Broccoli                 | Green Beans                   | Zucchini & Peppers       |
| Veg 2            |                                                                                                       |                                                                                                                                                                       |                          | Carrots                       | Indian Spiced Garbanzos  |
| Fruit            |                                                                                                       |                                                                                                                                                                       | Kiwi                     | Watermelon                    | Pineapple                |
| Grain            |                                                                                                       |                                                                                                                                                                       | Roasted Red Potatoes     |                               | Brown Rice               |
|                  | MON 10/6                                                                                              | TUES 10/7                                                                                                                                                             | WED 10/8                 | THURS 10/9                    | FRI 10/10                |
| Poultry          | Chicken Verde                                                                                         | Chicken Melitzana                                                                                                                                                     | Turkey & Vegetable Chili | Chicken Piccata               | Chicken Pot Pie          |
| Vegetarian       | Southwest Frittata                                                                                    | TVP Melitzana                                                                                                                                                         | Vegetarian Chili         | Tofu Piccata                  | TVP Pot Pie              |
| Fish, Beef, Pork | Pork Verde                                                                                            | Pork Melitzana                                                                                                                                                        | Chili Con Carne          | Fish Piccata                  | Beef Pot Pie             |
| Veg 1            | Spinach                                                                                               | Stewed Greens                                                                                                                                                         | 5 Way Mixed Veg          | Mushrooms & Summer Squash     | Cauliflower              |
| Veg 2            | Black Beans                                                                                           |                                                                                                                                                                       |                          | Green Beans                   |                          |
| Fruit            | Applesauce                                                                                            | Peach Cup                                                                                                                                                             | Banana                   | Pineapple                     | Orange                   |
| Grain            | Spanish Rice                                                                                          | Quinoa                                                                                                                                                                | Bulgar                   | Pasta                         | Potato Medley            |
|                  | MON 10/13                                                                                             | TUES 10/14                                                                                                                                                            | WED 10/15                | THURS 10/16                   | FRI 10/17                |
| Poultry          | Chili, Lime, Cumin Chicken                                                                            | Teriyaki Chicken                                                                                                                                                      | Lemon Pepper Chicken     | Chicken Parmesan              | Chicken w/SDT Florentine |
| Vegetarian       | Chili, Lime, Cumin TVP                                                                                | Teriyaki Tofu                                                                                                                                                         | Lemon Pepper Tempeh      | Lentil Bolognese              | TVP w/SDT Florentine     |
| Fish, Beef, Pork | Chili, Lime, Cumin Beef                                                                               | Teriyaki Beef                                                                                                                                                         | Lemon Pepper Fish        | Italian Pork Ragu             | Fish w/SDT Florentine    |
| Veg 1            | Zucchini & Peppers                                                                                    | Stir Fry Veg                                                                                                                                                          | Carrots                  | Brocc, Peas & Mushrooms       | Italian Veg              |
| Veg 2            | Pinto Beans                                                                                           |                                                                                                                                                                       | Corn                     |                               |                          |
| Fruit            | Peach Cup                                                                                             | CA Fruit Blend                                                                                                                                                        | Orange                   | Kiwi                          | Honeydew                 |
| Grain            | Quinoa                                                                                                | Fried Rice                                                                                                                                                            | Barley                   | Pasta                         | Bulgar                   |
|                  | MON 10/20                                                                                             | TUES 10/21                                                                                                                                                            | WED 10/22                | THURS 10/23                   | FRI 10/24                |
| Poultry          | Chicken Enchiladas                                                                                    | Sweet & Sour Chicken                                                                                                                                                  | Chicken Stroganoff       | Chicken Meatball Marinara     | Chicken Cacciatore       |
| Vegetarian       | TVP w/Enchilada Sauce                                                                                 | Sweet & Sour Tofu                                                                                                                                                     | TVP Stroganoff           | TVP w/Marinara                | Lentil Cacciatore        |
| Fish, Beef, Pork | Beef Colorado                                                                                         | Sweet & Sour Pork                                                                                                                                                     | Beef Stroganoff          | Beef Meatball Marinara        | Fish Cacciatore          |
| Veg 1            | Black Beans                                                                                           | Stir Fry Veg                                                                                                                                                          | Spinach                  | Peas & Carrots                | Normandy Veg             |
| Veg 2            | Summer Squash                                                                                         |                                                                                                                                                                       |                          |                               |                          |
| Fruit            | Tropical Fruit Cup                                                                                    | Banana                                                                                                                                                                | Orange                   | Pineapple                     | CA Fruit Blend           |
| Grain            | Spanish Rice                                                                                          | Fried Rice                                                                                                                                                            | Mashed Potatoes          | Pasta                         | Quinoa                   |
|                  | MON 10/27                                                                                             | TUES 10/28                                                                                                                                                            | WED 10/29                | THURS 10/30                   | FRI 10/31                |
| Poultry          | Chicken Tikka Masala                                                                                  | Turkey Sloppy Joe                                                                                                                                                     | Chicken Tinga            | Chicken Alfredo               | Italian Baked Chicken    |
| Vegetarian       | Tofu Tikka Masala                                                                                     | TVP Sloppy Joe                                                                                                                                                        | TVP Tinga                | TVP Alfredo                   | Parmesan Veg. Patty      |
| Fish, Beef, Pork | Fish Tikka Masala                                                                                     | Beef Meatloaf w/Glaze                                                                                                                                                 | Pork Tinga               | Beef Bolognese                | Italian Baked Fish       |
| Veg 1            | Indian Spiced Garbanzos                                                                               | 5 Way Mixed Vegetables                                                                                                                                                | Spinach                  | Capri Vegetable Blend         | Zucchini, Tomatoes       |
| Veg 2            | Cauliflower                                                                                           |                                                                                                                                                                       |                          |                               | Green Beans              |
| Fruit            | Tropical Fruit Cup                                                                                    | Cantaloupe                                                                                                                                                            | Watermelon               | Pineapple                     | Kiwi                     |
| Grain            | Quinoa                                                                                                | Brown Rice                                                                                                                                                            | Red Potatoes             | Pasta                         | Bulgar                   |

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 contain potatoes.