

DECEMBER MENU

	MON 12/2	TUES 12/3	WED 12/4	THURS 12/5	FRI 12/6
Poultry	Chicken Fajitas	BBQ Chicken	Salisbury Chicken	Chicken w/ Pesto	Chicken Peperonata
Vegetarian	TVP Fajitas	BBQ Lentils	Salisbury Tempeh	Tofu w/Pesto	Garlic Marinated Tofu
Fish, Beef, Pork	Beef Fajitas	BBQ Pork	Salisbury Steak	Fish w/Pesto	Fish Peperonata
Café	Turkey & Swiss Cheese & Salad	BBQ Pork	Salibury Steak	Chicken w/ Pesto	Chicken Peperonata
Veg 1	Pinto Beans	Green Beans	Spinach	Italian Vegetables	Broccoli
Veg 2	Carrots	Corn			Seasoned Chickpeas
Fruit	CA Fruit Blend	Kiwi	Banana	Applesauce	Tropical Fruit Cup
Grain	Spanish Rice	Bulgar	Mashed Potatoes/Roll	Rotini	Brown Rice
	MON 12/9	TUES 12/10	WED 12/11	THUR 12/12	FRI 12/13
Poultry	Chili Lime Cumin Chicken	Garlic Honey Chicken	Baked Herb Chicken	Mac & Cheese w/Chicken	Tandoori Chicken
Vegetarian	Chili Lime Cumin TVP	Black Pepper Tofu	Baked Herb Tempeh	Mac & Cheese w/Mush&TVP	Tandoori Tofu
Fish, Beef, Pork	Chili Lime Cumin Beef	Garlic Beef	Baked Herb Pork	Beefaroni	Tandoori Fish
Café	Chicken w/SDT & Salad	Garlic Beef	Baked Herb Chicken	Beefaroni	Tandoori Chicken
Veg 1	Corn	Stir Fry Vegetables	Brussel Sprouts	Green Beans	Spinach
Veg 2	White Beans			Carrots	Indian Spiced Garbanzos
Fruit	Applesauce	Tropical Fruit Cup	Kiwi	Banana	Pineapple
Grain	Bulgar	Brown Rice	Roasted Red Potatoes/ Roll		Lime Brown Rice
	MON 12/16	TUES 12/17	WED 12/18	THURS 12/19	FRI 12/20
Poultry	Chicken Verde	Chicken Pot Pie	Turkey & Veg Chili	Chicken Meatball Marinara	Curry Chicken
Vegetarian	Southwest Frittata	TVP Pot Pie		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 & 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/Roll	Bulgar	Pasta	Brown Rice
	MON 12/23	TUES 12/24 (Closed)	WED 12/25 (Closed)	THURS 12/26	FRI 12/27
Poultry	Paprika Chicken	Teriyaki Chicken		Cajun Chicken	Chicken Piccata
Vegetarian	Paprika TVP Nuggets	Teriyaki Tofu	TVP Bourguignon	TVP Chicken	Lentil Bolognese
Fish, Beef, Pork	Paprika Fish	Teriyaki Beef	Beef Bourguignon	Cajun Pork	Fish Piccata
Café	BBQ Chicken Sandwich & Salad			Cajun Chicken	Fish Piccata
Veg 1	Green Beans	Stir Fry Veg	Carrots	Spinach	Brussels Sprouts
Veg 2	Pinto Beans			Corn	Carrots
Fruit	Peach Cup	CA Fruit Blend	Orange	Kiwi	Banana
Grain	Quinoa	Fried Rice	Mashed Potatoes/Roll	Lime Rice	Pasta
	MON 12/30	TUES 12/31 (Closed)	 <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.</p>		<p>We are closed on these dates in December: 12/24 Christmas Eve, 12/25 Christmas Day, and 12/31 New Year's Eve. Holiday Meals will be Delivered in advance of the Holiday.</p>
Poultry	Chicken Enchiladas	Chicken w/Mushrooms			
Vegetarian	TVP w/Enchilada Sauce	Vegetable Frittata			
Fish, Beef, Pork	Beef Colorado	Pork w/Mushrooms			
Café	Egg Salad Sandwich & Salad				
Veg 1	Black Beans	Capri			
Veg 2	Broccoli				
Fruit	Orange	Banana			
Grain	Spanish Rice	Bulgar			

