

OCTOBER DRIVE-UP, PICK-UP MENU

Week 1					
Poultry			Chicken Tinga	Beef Bolognese	Italian Baked Chicken
Vegetarian			TVP Tinga	TVP Alfredo	Parmesan Veg Patty
Fish, Beef, Pork			Spinach	Capri Veg	Zucchini, Tomatoes
Veg 1					Green Beans
Veg 2					
Fruit			Kiwi	Watermelon	Pineapple
Grain			Roasted Red Potatoes	Pasta	Bulgar
Week 2					
Poultry	Chicken Fajitas	Chicken Peperonata	Salisbury Steak	Chicken w/ Pesto	Hoisin Beef
Vegetarian	TVP Fajitas	Tofu Peperonata	Salisbury Tempeh	Tofu w/Pesto	Hoisin Tofu
Fish, Beef, Pork	Pinto Beans	Broccoli, Peas	Green Beans	Corn	Stir Fry Vegetables
Veg 1	Carrots	Mushrooms		Summer Squash	
Veg 2					
Fruit	Applesauce	Peach Cup	Banana	Pineapple	Orange
Grain	Spanish Rice	Barley	Mashed Potato	Pasta	Fried Rice
Week 3					
Poultry	BBQ Chicken	Garlic Beef	Baked Herb Chicken	Beefaroni	Tandoori Chicken
Vegetarian	BBQ Lentils	Black Pepper Tofu	Baked Herb Tempeh	Mac & Cheese TVP w/ Mushrooms	Tandoori Tofu
Fish, Beef, Pork	White Beans	Stir Fry Veg	Broccoli	Green Beans	Zucchini & Peppers
Veg 1	Stewed Greens			Carrots	Indian Spiced Garbanzos
Veg 2					
Fruit	Peach Cup	CA Fruit Blend	Orange	Kiwi	Honeydew
Grain	Bulgar	Fried Rice	Roasted Red Potatoes	Pasta	Brown Rice
Week 4					
Poultry	Chicken Verde	Pork Melitzana	Chili Con Carne	Chicken Piccata	Chicken Pot Pie
Vegetarian	Southwest Frittata	TVP Melitzana	Vegetarian Chili	Tofu Piccata	TVP Pot Pie
Fish, Beef, Pork	Spinach	Stewed Greens	5 Way Mixed Vegetables	Mushrooms & Summer Squash	Cauliflower
Veg 1	Black Beans			Green Beans	
Veg 2					
Fruit	Tropical Fruit Cup	Banana	Orange	Pineapple	CA Fruit Blend
Grain	Spanish Rice	Quinoa	Bulgar	Pasta	Potato Medley
Week 5					
Poultry	Chili, Lime, Cumin Chicken	Teriyaki Beef	Lemon Pepper Chicken	Italian Pork Ragu	Fish w/SDT Florentine
Vegetarian	Chili, Lime, Cumin TVP	Teriyaki Tofu	Lemon Pepper Tempeh	Lentil Bolognese	TVP w/SDT Florentine
Fish, Beef, Pork	Zucchini & Peppers	Stir Fry Veg	Carrots	Broccoli, Peas & Mushrooms	Italian Vegetables
Veg 1	Pinto Beans		Corn		
Veg 2					
Fruit	Tropical Fruit Cup	Cantaloupe	Watermelon	Pineapple	Kiwi
Grain	Quinoa	Fried Rice	Barley	Pasta	Bulgar

To cancel a delivery, call 707-525-0143 x121 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.