



September 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Meal Delivery Hours: Monday - Friday 9:30 AM - 1:30 PM</p>	<p><i>Happy Birthday to All of You Who Are Celebrating Your Birthday This Month!</i></p> 			<p>1 <u>DOUBLE DAY</u> Kidney Bean Salad Baked Ziti with Cheese Broccoli Whole Wheat Bread (1) Apricots</p>
<p>4 <u>NO DELIVERY</u></p> 	<p>5 Beef & Broccoli Stir Fry <i>over</i> Steamed Brown Rice Glazed Carrots with Ginger Red Pepper, Baby Corn, Water Chestnuts & Grn Beans Mandarin Orange Slices</p>	<p>6 Green Salad with Ceci Beans Stuffed Bell Pepper with Ground Turkey & Barley Cauliflower Whole Wheat Bread (1) Pears</p>	<p>7 Diced Tomatoes w/ Parsley Tuna Noodle Casserole Cauliflower, Carrots & Peas Whole Wheat Bread (1) Apple</p>	<p>8 Carrot Salad Roast Pork Loin with Honey-Balsamic Glaze Brussels Sprouts Whole Wheat Couscous Banana</p>
<p>11 Hamburger w/ Lettuce, Tomato & Cheese on Bun Roasted Red Potatoes Succotash w/ Red Pepper Cantaloupe Cup</p>	<p>12 Turkey Shepherd's Pie Broccoli Carrots Whole Wheat Bread (1) Banana</p>	<p>13 Asian Cabbage Salad Pineapple Pork Steamed Brown Rice Peas & Carrots Mandarin Orange Slices</p>	<p>14 Pot Roast & Gravy Mashed Potatoes Zucchini, Tomatoes & Onion Whole Wheat Bread (1) Apple</p>	<p>15 Chicken Pot Pie Steamed Spinach Carrots Whole Wheat Bread (1) Orange Juice</p>
<p>18 Lemon Chicken Breast with Herbs Parslied Potatoes Green Beans with Almonds Whole Wheat Bread (1) Orange</p>	<p>19 Lettuce & Tomato Breaded White Fish w/ Tartar Sauce on W/W Bun Mashed Sweet Potatoes Corn Pears</p>	<p>20 Tomato/Parsley Salad Chicken Cordon Bleu with White Sauce Broccoli Brown Rice Apple Juice</p>	<p>21 Romaine Salad w/ Kidney Bns Cheese Ravioli with Spinach & Tomato Sauce Cauliflower w/ Red Pepper Whole Wheat Bread (1) Apricots</p>	<p>22 Hot Roast Beef Sandwich on Open-Faced Bread with Gravy Mashed Potatoes Peas, Carrots & Pearl Onions Banana</p>
 <p>ickpea Salad Turkey Mediterranean Casserole with W/W Penne Cauliflower w/ Parsley Peaches</p>	<p>26 Beet Salad Salisbury Steak with Brown Gravy Zucchini & Yellow Squash Whole Wheat Couscous Orange</p>	<p>27 Baked Fish with Sweet & Sour Sauce <i>over</i> Brown Rice Asian Mixed Vegetables Carrots Mandarin Orange Slices</p>	<p>28 Diced Tomatoes w/ Parsley Broccoli-Cheddar Quiche Potatoes O'Brien Whole Wheat Bread (1) Apple</p>	<p>29 Black Bean Salad w/ Red Pepper Chicken Enchilada Casserole Green Beans & Carrots Spanish Brown Rice Orange Juice</p>

Please give us 24 hours notice to cancel, or call us with any questions at (650) 323-2022.