

February 2012

To RSVP or cancel your meal please call your site.
 To cancel your Home Delivered Meal, call 527-2414
 Corning 824-4727 Los Molinos 527-2414
 Red Bluff 527-2414

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	MENU IS SUBJECT TO CHANGE 2% MILK SERVED WITH EACH MEAL HIGH SODIUM DAY		1 Chili Cornbread Pineapple Coleslaw C Grape Juice Orange Wedges C	2 Corned Beef Cabbage C Carrots A Rye Bread Lime Jell-O w/Pears C	3 Tuna & Noodle Casserole Pacific Blend Veg A Cranberry Juice C Wheat Bread Mixed Berries C	4
5	6 VEGETARIAN MENU Spinach Cheese Ravioli Capri Vegetables Seasoned Bread Stick Green Salad Mandarin Oranges C	7* Polish Sausage/Kraut German Potato Salad Pineapple Orange Juice C Rye Bread Apple Crisp	8 Beef Stroganoff Noodles Broccoli A/C Mandarin Beet Salad C Wheat Roll Apricots A	9 HEALTHY HEART MENU Roasted Chicken Scalloped Potatoes Mediterranean Veg A/C Wheat Bread Pears	10 Spaghetti & Meatballs C Mixed Vegetables Romaine Salad A Garlic Bread Luau Fruit Cup A/C	11
12	13 Macaroni & Cheese w/Ham Zucchini Squash 3 Bean Salad Orange Juice C Muffin	14 Turkey w/Gravy Cranberry Sweet Potatoes A Bread Dressing Brussels Sprouts C Wheat Roll Mixed Berries C	15 ETHNIC MENU Chili Verde Steamed Rice Parsley Carrots A 3-Bean Salad Flour Tortilla Mango Medley A/C	16 Chicken Fried Steak Mashed Potatoes Capri Vegetables Orange Pineapple Juice C Bran Muffin Applesauce	17 HEALTHY HEART MENU Chicken Noodle Soup w/ Mixed Vegetables A Wheat Crackers Pickled Beets Tropical Fruit Cup C	18
19	20 Closed For The Holiday	21 Veal Parmesan Cauliflower C Carrot Raisin Salad A Wheat Roll Peach Cobbler	22 BBQ Chicken Scalloped Potatoes with Buttered Crumbs Green Beans Wheat Bread Mandarin Oranges C	23 Minestrone Soup with Mixed Vegetables Seasoned Bread Stick Cranberry Juice Luau Fruit A/C	24 Stuffed Salmon w/ Morney Sauce Rice Pilaf Broccoli A/C Orange Juice C Apricots A	25
26	27 Clam Chowder Colorful Coleslaw C Cherry Apple Juice Assorted Cracker Oatmeal Raisin Cookie	28 Ham Sweet Potatoes A Baby Lima Beans Rye Bread Pineapple Orange Juice C Cherry Dump Ccake	29 ETHNIC/VEGETARIAN MENU Chili Rellenos Casserole Spanish Rice, Flour Tortilla Mexicali Corn Grape Juice Chilled mango A/C			