




**Community Action of Napa Valley**  
**Meals on Wheels Menu**  
**September 2020**



**For Information, Call (707) 253-6100 Ext. 111**



**Menu subject to change without notice. Suggested Donation \$4.50**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Meals on Wheels Program</b> <b>2521 Old Sonoma Road</b> <b>Napa, CA 94558</b>	<b>1</b> Sausage w/Onions & Peppers  Garden Vegetables Baked Beans Whole Wheat Hot Dog Bun Diced Apples Milk Mustard	<b>2</b> Beef Stroganoff Whole Grain Penne Pasta Roasted Baby Carrots Whole Grain Roll Mandarin Oranges & Pineapples Milk Margarine	<b>3</b> Potato Crusted Pollock Parslied Potatoes Tuscany Vegetable Blend Whole Wheat Bread Fresh Apple Milk Margarine Tartar Sauce   Lemon Wedge	<b>4</b> Chicken Salad California Vegetable Salad Waldorf Salad Fresh Banana Whole Wheat Bread Milk
	<b>7</b> Closed Labor Day	<b>8</b> Mu Shu Pork Jasmine Rice Broccoli Multi-Grain Bread Fresh Apple Fortune Cookie Milk Margarine	<b>9</b> Roast Beef w/Gravy Country Potatoes Sliced Carrots Whole Grain Roll Fresh Banana Milk Margarine	<b>10</b> BBQ Baked Chicken Breast  Baked Beans Corn Salad Whole Wheat Bread Pineapple Crisp Milk Margarine
<b>14</b> Three Cheese Ziti Mixed Vegetables Spinach Whole Grain Garlic Breadstick Tropical Fruit Milk Margarine	<b>15</b> Lemon Pepper Fish Rice Florentine Brussels Sprouts w/Cheese Whole Wheat Bread Fresh Banana Milk Lemon Wedge Margarine	<b>16</b> Beef Spaghetti Herbed Green Peas Cucumber & Tomato Salad WG Garlic Brdstk Hot Tropical Fruit Milk Margarine	<b>17</b> Pork Roast Sesame Mustard Sauce Fried Rice Japanese Veg Blend Multi-Grain Bread Fresh Apple Milk Margarine	<b>18</b> Chef Salad Whole Grain Saltine Crackers Citrus Fruit Chocolate Chp Cookie Milk Salad Dressing Assorted Salad Dressing
<b>21</b> Chicken Tortilla Soup Mexican Rice Mixed Greens Whole Wheat Bread Mandarin Oranges Milk Margarine	<b>22</b> Meatloaf w/Brown Gravy Whipped Potatoes Mixed Vegetables Multi-Grain Bread Fresh Banana Milk Margarine	<b>23</b> Souvlaki Chicken Rice Pilaf California Salad Whole Wheat Bread Hot Diced Pears Milk Margarine	<b>24</b> Beef Hamburger Whole Wheat Hamburger Bun Shredded Lettuce & Tomato Chuckwagon Corn Green Beans Fluffy Fruit Salad Milk Ketchup   Mustard   Mayonnaise	<b>25</b> Pork Chile Verde Spanish Rice Black Beans Whole Grain Tortilla Tangerines Milk
<b>28</b> Cheese Omelet O'Brien Potatoes Fiesta Vegetable Blend Whole Grain Tortilla Fresh Apple Milk Taco Sauce	<b>29</b> Pork Riblet Whole Wheat Hamburger Bun Pinto Beans Carrot Slaw Hot Diced Peaches Milk	<b>30</b> Harvest Chicken Salad Whole Grain Saltine Crackers Fresh Orange Milk Balsamic Viniagrette Assorted Salad Dressing	 Indicates Menu with $\geq$ 1,000 mg sodium	