

Contra Costa County

Home Delivered Frozen Menu

August 31st, 2026 - January 2nd, 2027



Frozen	Frozen	Frozen	Frozen	Frozen	Frozen
Spaghetti w/ Turkey Bolognese *Broccoli <u>Italian Vegetables</u>	Beef & Bean Chili Zucchini <u>Key Largo Vegetables</u>	Week 1: 8/31-9/5, 10/12-10/17, 11/23-11/28 BBQ Pork Rib Patty <u>Diced Sweet Potatoes</u> *Cauliflower	Chicken & Sausage Jambalaya * <u>Collard Greens</u> Whole Kernel Corn	Potato Crusted Pollock w/Lemon Caper Sauce over Brown Rice Stewed Tomatoes *Brussels Sprouts	Chicken with Mushroom Garlic Sauce *Whipped Potatoes <u>Carrots</u> Green Beans
Creole Chicken over Spaghetti *Winter Vegetables <u>Bean Medley</u>	Salmon Patty w/Paprika Cream Sauce Red Potatoes *Broccoli	Week 2: 9/7-9/12, 10/19-10/24, 11/30-12/5 Beef Chili Mac Zucchini Pacific Vegetables	Sweet and Sour Pork Brown Rice <u>Peas & Carrots</u> *Stir Fry Vegetables	Turkey Divan Brown Rice <u>Spinach</u> Stewed Tomatoes	Kalua Pork over Brown Rice *Cauliflower <u>Ginger Carrots</u>
 Teriyaki Meatballs Asian Brown Rice *Cauliflower <u>Mixed Vegetables</u>	Chicken with Chile Lime Sauce Cilantro Brown Rice Pinto Beans * <u>Fiesta Vegetables</u>	Week 3: 9/14-9/19, 10/26-10/31, 12/7-12/12 Breaded Fish w/ Penne Pasta Florentine Green Beans w/*Red Peppers Stewed Tomatoes	Italian Turkey Pasta Bake *Winter Vegetables Chuckwagon Corn	Baked Chicken w/Mushroom Gravy *Whipped Potatoes <u>Italian Vegetables</u> Green Peas	Meatloaf w/Gravy Lyonnaise Potatoes <u>Key Largo Vegetables</u> Zucchini
Burgundy Chicken *Whipped Potatoes Green Peas w/Onions *Cauliflower	Smothered Pork *Whipped Potatoes Italian Green Beans Diced Beets	Week 4: 9/21-9/26, 11/2-11/7, 12/14-12/19 Turkey Coconut Curry Brown Rice *Cabbage <u>Carrots</u>	Meatballs with Stroganoff Sauce and Penne Pasta <u>Scandinavian Veggies</u> *Brussels Sprouts	Baked Tilapia with Honey Ginger Glaze Brown Rice *Stir Fry Vegetables <u>Diced Sweet Potatoes</u>	Turkey Tetrazzini <u>Mixed Vegetables</u> *Broccoli
Salisbury Steak w/Gravy *Whipped Potatoes <u>Key Largo Vegetables</u> Green Beans	Baked Chicken w/Creamy Dijon Sauce and Penne Pasta *Brussels Sprouts Stewed Tomatoes	Week 5: 9/28-10/3, 11/9-11/14, 12/21-12/26 Beef & Turkey Bibimbap *Stir Fry Vegetables Zucchini	Breaded Pollock w/Rotini in Lemon Sauce Bean Medley *Winter Vegetables	Lemongrass Pork Brown Rice *Broccoli <u>Peas & Carrots</u>	Greek Chicken Brown Rice *Cauliflower <u>Spinach</u>
Pork Chile Verde Brown Rice * <u>Fiesta Vegetables</u> Mexicali Corn	Country Fried Beef Patty w/Country Gravy *Whipped Potatoes <u>Scandinavian Veggies</u> Diced Beets	Week 6: 10/5-10/10, 11/16-11/21, 12/28-1/2 Baked Tilapia w/Dill Sauce and Brown Rice <u>Mixed Vegetables</u> *Cauliflower	 Garlic Rosemary Chicken over Delmonico Potatoes Pacific Vegetables Green Peas	Beef Parmesan w/Penne Pasta and Marinara Sauce *Broccoli <u>Italian Vegetables</u>	Sliced Roasted Turkey w/Gravy <u>Whipped Sweet Potatoes</u> Green Beans
Meals prepared in this kitchen may contain or come into contact with tree nuts, sesame, peanuts, soy, eggs, milk, fish, crustacean shellfish, wheat, and gluten-containing products. Despite precautions, cross-contact may occur. We cannot guarantee meals are allergen-free.					
Symbols indicate: *Vitamin C ≥ 25 mg <u>Vitamin A</u> ≥ 233 mcg RAE  Meal contains ≥ 1000 mg sodium					