

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	CANCELLATION POLICY
		Oct 1, 2025	Oct 2, 2025	Oct 3, 2025	<b>CANCELLATIONS REQUIRED 24HRS IN ADVANCE</b> by contacting: <b>530-662-7035</b> or <b>welcome@mowyolo.org</b> Include your full name and community in your message. Habitual late cancellations may require us to consider other options to meet your nutrition needs.  <b>MENU SUBJECT TO CHANGE</b>
		<ul style="list-style-type: none"> <li>Dijon Chicken Breast w/ Peppers</li> <li>White Rice</li> <li>Peas &amp; Carrots</li> </ul>	<ul style="list-style-type: none"> <li>Grilled Chicken Breast</li> <li>Mashed Potatoes</li> <li>Oven Roasted Vegetables</li> </ul>	<ul style="list-style-type: none"> <li>Beef &amp; Noodle Casserole</li> <li>Cauliflower</li> </ul>	
Oct 6, 2025	Oct 7, 2025	Oct 8, 2025	Oct 9, 2025	Oct 10, 2025	
<ul style="list-style-type: none"> <li>Pork Paprikash</li> <li>Rice Confetti</li> <li>Capri Vegetable Blend</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Florentine</li> <li>Mashed Potatoes</li> <li>Tuscan Chicken</li> </ul>	<ul style="list-style-type: none"> <li>Beef Meatballs w/ BBQ Sauce</li> <li>Mashed Potatoes</li> <li>Broccoli Florets</li> </ul>	<ul style="list-style-type: none"> <li>Baked Chicken Breast</li> <li>Mashed Potatoes w/ Gravy</li> <li>Baby Carrots w/ Oregano</li> </ul>	<ul style="list-style-type: none"> <li>Mexican Spiced Chicken</li> <li>Brown Rice</li> <li>Cauliflower</li> </ul>	
Oct 13, 2025	Oct 14, 2025	Oct 15, 2025	Oct 16, 2025	Oct 17, 2025	<b>VEGETARIAN MEALS</b>
<ul style="list-style-type: none"> <li>Beef Picadillo</li> <li>Brussels Sprouts</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Mole</li> <li>Pinto Beans</li> <li>California Vegetable Blend</li> </ul>	<ul style="list-style-type: none"> <li>Catfish Filet w/ Lemon Herb Butter Sauce</li> <li>Whipped Sweet Potato</li> <li>Baked Beets</li> </ul>	<ul style="list-style-type: none"> <li>Beef &amp; Bean Chili w/ Shredded Cheese</li> <li>Cornbread</li> <li>Baby Carrots w/ Oregano</li> </ul>	<ul style="list-style-type: none"> <li>Vegetable Lasagna</li> <li>Cauliflower</li> </ul>	Frozen vegetarian options are available upon request at (530) 662-7035 or welcome@mowyolo.org.
Oct 20, 2025	Oct 21, 2025	Oct 22, 2025	Oct 23, 2025	Oct 24, 2025	<b>SODIUM/MENU NOTES</b>
<ul style="list-style-type: none"> <li>Beef Stroganoff</li> <li>Whole Wheat Penne Pasta</li> <li>Green Beans</li> </ul>	<ul style="list-style-type: none"> <li>Tuscan Chicken</li> <li>Mashed Potatoes</li> <li>Italian Vegetable Blend</li> </ul>	<ul style="list-style-type: none"> <li>Potato &amp; Cheddar Soup</li> <li>Broccoli Florets</li> </ul>	<ul style="list-style-type: none"> <li>Ground Turkey Meatballs w/ Marinara Sauce</li> <li>Polenta</li> <li>Brussel Sprouts</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Vesuvio</li> <li>Stewed Cabbage</li> </ul>	Meals typically are <b>760 mg or less</b> . Any meals exceeding 1,000 mg are labeled with a salt shaker icon. The Chronic Disease Risk Reduction level of sodium is 2,300 mg or less daily.
Oct 27, 2025	Oct 28, 2025	Oct 29, 2025	Oct 30, 2025	Oct 31, 2025	<b>Your Meals will be Delivered as FROZEN ONLY beginning Monday, Oct 13</b>
<ul style="list-style-type: none"> <li>Baked Chicken w/ Teriyaki Sauce</li> <li>Brown Rice</li> <li>Broccoli Florets</li> </ul>	<ul style="list-style-type: none"> <li>Beef &amp; Cabbage Casserole</li> <li>Tuscany Vegetable Blend</li> </ul>	<ul style="list-style-type: none"> <li>Beef Johnny Marzetti</li> <li>Baby Carrots</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Breast</li> <li>Pasta Primavera</li> </ul>	<ul style="list-style-type: none"> <li>Beef Patty w/ Mushroom Sauce</li> <li>Baked Sweet Potato</li> <li>California Vegetable Bland</li> </ul>	