

Meals on Wheels of Solano County

Senior Dining Menu

April 2019


Suggested Meal Contribution of \$4.00

Your meals from Meals on Wheels of Solano County are made possible by the generous support of volunteers, federal funds, and donations from the community. If you are unable to contribute the entire \$4.00, please consider contributing whatever you can. No one will be denied a meal if unable to contribute.

Every contribution helps Meals on Wheels of Solano County continue to serve seniors in our community.

Guests under 60 can enjoy a meal for \$7.00.

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Baked Chicken Breast</p> <p><u>Spinach Artichoke Sauce</u> - soy, milk, wheat</p> <p><u>Whipped Potatoes</u> - milk, soy</p> <p>Mixed Green Salad</p> <p><u>WG Garlic Breadstick</u> - milk, soy, wheat</p> <p><u>Hot Mixed Fruit</u> - soy</p> <p><u>Salad Dressing</u> - egg, milk, soy</p>	<p>2</p> <p><u>Lemon Pepper Fish</u> - fish, wheat, soy</p> <p>Brown Rice</p> <p>Tuscany Vegetable Blend</p> <p><u>Whole Grain Roll</u> - wheat</p> <p>Fresh Banana</p> <p><u>Tartar Sauce Packet</u> - soy, egg</p>	<p>3</p> <p><u>Pork Adobo</u> - soy</p> <p>Steamed Rice</p> <p>Japanese Vegetables</p> <p><u>Whole Wheat Bread</u> - wheat</p> <p><u>Pineapple w/Cottage Cheese</u> - milk</p>	<p>4</p> <p><u>Hamburger Patty</u> - soy</p> <p>Lettuce and Tomato</p> <p><u>Coleslaw</u> - egg, soy</p> <p>Baked Beans</p> <p><u>WW Hamburger Bun</u> - soy, wheat</p> <p><u>Peach Crisp</u> - soy, milk, wheat</p> <p><u>Mayonnaise Packet</u> - soy, egg</p>	<p>5</p> <p><u>Mixed Bean Soup</u> - milk, soy, wheat</p> <p>Baked Potato</p> <p>California Vegetable Blend</p> <p><u>Unsalted Crackers</u> - wheat, soy</p> <p>Sliced Apples</p> <p><u>Sour Cream Packet</u> - milk</p>
<p>8</p> <p>Beef Spaghetti Sauce</p> <p><u>Spaghetti Noodles</u> - soy, wheat</p> <p><u>Seasoned Green Beans</u> - soy</p> <p>Mixed Green Salad</p> <p><u>WG Garlic Breadstick</u> - milk, soy, wheat</p> <p>Hot Spiced Pears</p> <p><u>Salad Dressing</u> - egg, milk, soy</p>	<p>9</p> <p><u>Chicken Rice Casserole</u> - milk, wheat, soy</p> <p>Herbed Green Peas</p> <p>Parslied Carrots</p> <p><u>Multi-Grain Bread</u> - wheat, milk, soy</p> <p>Fresh Orange</p>	<p>10</p> <p><u>Meatloaf with Gravy</u> - egg, milk, soy, wheat</p> <p><u>Country Potatoes</u> - milk, soy</p> <p>Mixed Vegetables</p> <p><u>Whole Grain Roll</u> - wheat</p> <p>Applesauce</p>	<p>11</p> <p><u>Garlic Rosemary Chicken</u> - milk, soy, wheat</p> <p><u>Penne Pasta</u> - soy, wheat</p> <p>Garden Vegetables</p> <p><u>Whole Grain Roll</u> - wheat</p> <p><u>Fluffy Fruit Salad</u> - milk, soy</p>	<p>12</p> <p><u>Salmon Patty</u> - fish</p> <p><u>Parslied Rice</u> - soy</p> <p>Brussels Sprouts</p> <p><u>WW Hamburger Bun</u> - soy, wheat</p> <p>Fresh Banana</p> <p><u>Tartar Sauce Packet</u> - soy, egg</p>
<p>15</p> <p><u>Swedish Chicken Meatballs</u> - milk, soy, wheat</p> <p><u>Egg Noodles</u> - egg, wheat, soy</p> <p>Parslied Potatoes</p> <p>Cabbage</p> <p><u>Cornbread</u> - soy, wheat</p> <p>Rosy Applesauce</p> <p><u>Birthday Cake</u> - wheat, soy, milk</p> 	<p>16</p> <p><u>Pizza Casserole</u> - wheat, egg</p> <p>Peas and Mushrooms</p> <p>Spinach Salad</p> <p><u>WG Garlic Breadstick</u> - milk, soy, wheat</p> <p>Hot Sliced Peaches</p> <p><u>Salad Dressing</u> - egg, milk, soy</p>	<p>17</p> <p><u>Beef Taco Salad</u> - wheat</p> <p><u>Shredded Cheese</u> - milk</p> <p>Black Beans</p> <p><u>Whole Grain Tortilla Chips</u> - soy</p> <p>Hot Mandarin Oranges & Pineapple</p>	<p>18</p> <p><i><u>Easter Meal</u></i></p> <p>Glazed Turkey Ham</p> <p><u>Oven Roasted Sweet Potatoes</u> - soy</p> <p><u>Green Beans</u> - soy, milk</p> <p><u>Whole Grain Roll</u> - wheat</p> <p><u>Coconut Cake</u> - egg, milk, soy, nut, wheat</p> <p>Citrus Fruit</p>	<p>19</p> <p><u>Spinach and Mushroom Quiche</u> - egg, milk</p> <p>Broccoli</p> <p><u>O'Brien Potatoes</u> - soy</p> <p><u>Multi-Grain Bread</u> - wheat, milk, soy</p> <p><u>Apricot Halves w/Cottage Cheese</u> - milk</p>
<p>22</p> <p><u>Black Bean Enchilada Casserole</u> - soy, milk</p> <p>Spanish Rice</p> <p>California Vegetable Blend</p> <p>Tropical Fruit</p> <p><u>Fig Bar</u> - egg, milk, soy, wheat</p>	<p>23</p> <p><u>Baked Fish</u> - fish</p> <p><u>Corn Casserole</u> - milk, wheat, soy, egg</p> <p>Brussels Sprouts</p> <p><u>Whole Wheat Bread</u> - wheat</p> <p>Grape Juice</p> <p><u>Tartar Sauce Packet</u> - soy, egg</p>	<p>24</p> <p><u>Swiss Steak</u> - soy, wheat, milk</p> <p><u>Macaroni and Cheese</u> - wheat, milk, soy</p> <p>Tuscany Vegetable Blend</p> <p><u>Multi-Grain Bread</u> - wheat, milk, soy</p> <p>Fresh Banana</p>	<p>25</p> <p><u>Chicken Cacciatore</u> - soy</p> <p><u>Whole Grain Penne Pasta</u> - wheat, soy</p> <p>Spinach</p> <p><u>Bread Pudding</u> - wheat, soy, egg, milk</p> <p>Mandarin Oranges</p>	<p>26</p> <p><u>Roast Beef with Gravy</u> - milk, soy, wheat</p> <p><u>Garlic Whipped Potatoes</u> - milk</p> <p>Steamed Baby Carrots</p> <p><u>Whole Grain Roll</u> - wheat</p> <p>Fruit Cocktail</p>
<p>29</p> <p><u>Cheesy Potato Soup</u> - soy, milk, wheat</p> <p>Whole Kernel Corn</p> <p><u>Zucchini</u> - soy</p> <p><u>Whole Grain Saltine Crackers</u> - wheat, soy</p> <p>Fresh Orange</p>	<p>30</p> <p>Chicken Taco Meat</p> <p>Lettuce and Tomato</p> <p>Spanish Rice</p> <p>Fiesta Vegetable Blend</p> <p><u>Whole Wheat Tortilla</u> - wheat, soy</p> <p>Pineapple Juice</p>	<p><i>Milk is served with every meal. Allergen in milk is milk.</i></p>		