

Meals on Wheels of Solano County

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