

Meals on Wheels of Solano County

Senior Dining Menu

December 2018

Suggested Meal Donation of \$3.00

Your meals from Meals on Wheels of Solano County are made possible by the generous support of volunteers, Area Agency on Aging, federal funds, and donations from the community. If you are unable to contribute the entire \$3.00, please consider contributing whatever you can. No one will be denied a meal if unable to contribute.

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

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

PLEASE CALL (707) 426-3079 OR 1-800-788-5114 FOR RESERVATIONS OR CANCELLATIONS 48 HOURS IN ADVANCE • www.mealsonwheelssolano.org

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Baked Chicken Breast <u>Balsamic Onion Jam:</u> Soy <u>Cut Yams:</u> Soy, Milk <u>Mixed Vegetables:</u> Soy, Milk <u>Whole Grain Roll:</u> Wheat Diced Peaches	<u>Roast Beef w/Gravy:</u> Milk, Soy, Wheat <u>Lyonnais Potatoes:</u> Milk, Soy Zucchini & Tomatoes <u>Cornbread:</u> Egg, Milk, Soy, Wheat Apple Slices	<u>Potato Crusted Pollock:</u> Fish, Milk, Wheat <u>Macaroni & Cheese:</u> Soy, Wheat, Milk Tuscan Vegetable Blend <u>Multi-Grain Bread:</u> Wheat, Milk, Soy Fresh Banana	Baked Chicken Breast <u>Spinach Artichoke Sauce:</u> Soy, Milk, Wheat Brown Rice <u>Peas & Carrots:</u> Soy <u>Whole Grain Roll:</u> Wheat Fresh Orange	<u>Swedish Meatballs:</u> Soy, Wheat, Milk <u>Egg Noodles:</u> Wheat, Egg, Soy Brussels Sprouts <u>Whole Grain Roll:</u> Wheat Hot Spiced Fruit
10	11	12	13	14
<u>Chicken and Rice Bake:</u> Milk, Wheat, Soy <u>Seasoned Green Beans:</u> Soy <u>Glazed Baby Carrots:</u> Soy, Milk <u>Whole Grain Roll:</u> Wheat Apple Slices	<u>Pork Roast w/Red-Eyed Gravy:</u> Soy <u>Oven Roasted Potatoes:</u> Soy <u>Garlic Spinach:</u> Soy <u>Multi-Grain Bread:</u> Wheat, Milk, Soy Diced Peaches	<u>Sweet & Sour Meatballs:</u> Soy, Wheat Steamed Rice <u>Japanese Vegetable Blend:</u> Soy, Milk <u>Whole Wheat Toast:</u> Wheat Fresh Orange	<u>Whole Grain Breaded Fish:</u> Soy, Wheat, Fish Whole Kernel Corn <u>Coleslaw:</u> Egg, Soy <u>Hamburger Bun:</u> Soy, Wheat <u>Peach Crisp:</u> Soy, Milk, Wheat	Baked Chicken Breast <u>Mediterranean Sauce:</u> Milk <u>Lemon Orzo:</u> Soy, Wheat Tuscan Vegetable Blend <u>Whole Grain Roll:</u> Wheat Fresh Banana
17	<i>Christmas Menu</i> 18	19	20	21
<u>Lasagna Casserole:</u> Wheat, Milk <u>Zucchini:</u> Soy Mixed Vegetables <u>Whole Grain Garlic Breadstick:</u> Milk, Soy, Wheat Fresh Orange	<u>Sliced Roast Beef w/Gravy:</u> Milk, Soy, Wheat <u>Scalloped Potatoes:</u> Soy, Milk Brussels Sprouts <u>Whole Grain Roll:</u> Wheat Apple Slices <u>Carrot Raisin Cake:</u> Egg, Soy, Wheat	Sliced Turkey Breast Cranberry Orange Sauce <u>Fall Vegetable Hash:</u> Soy <u>Seasoned Green Beans:</u> Soy <u>Cornbread:</u> Egg, Milk, Soy, Wheat Fresh Banana	Baked Chicken Breast <u>Jamaican Ginger Sauce:</u> Soy Black Beans <u>Pineapple Carrots:</u> Milk, Soy <u>Multigrain Bread:</u> Wheat, Milk, Soy Diced Peaches	Beef Chili w/Beans <u>Parslied Diced Potatoes:</u> Milk, Soy <u>Mixed Green Salad w/Dressing:</u> Egg, Soy, Milk <u>Saltine Crackers:</u> Wheat, Soy Apple Raisin Compote
24	25	26	27	<i>New Year's Menu</i> 28
Closed for Christmas Eve	Closed for Christmas Day	BBQ Chicken <u>Roasted Sweet Potatoes:</u> Soy <u>Seasoned Green Beans:</u> Soy <u>Whole Grain Roll:</u> Wheat Pineapple Tidbits	<u>Beef Patty:</u> Soy Lettuce & Tomato <u>Tater Tots:</u> Soy Baked Beans <u>Hamburger Bun:</u> Soy, Wheat Fresh Orange	Glazed Turkey Ham Black Eyed Peas Cabbage <u>Cornbread:</u> Egg, Milk, Soy, Wheat <u>Ambrosia Salad:</u> Milk, Soy
31	Milk is served with every meal. Allergen in milk is milk.			
<u>Meatloaf w/Gravy:</u> Egg, Milk, Soy, Wheat <u>Country Potatoes:</u> Soy, Milk <u>Glazed Baby Carrots:</u> Soy, Milk <u>Whole Grain Roll:</u> Wheat Diced Pears				