

Meals on Wheels of Solano County

Home Delivered Meals 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

3	4	5	6	7
Meatloaf w/Gravy: Egg, Milk, Soy, Wheat Country Potatoes: Soy, Milk Glazed Baby Carrots: Soy, Milk Whole Grain Roll: Wheat Diced Pears	Bruschetta Chicken: Milk Garlic w/Red Pepper Penne: Wheat, Soy Club Spinach: Milk, Soy, Wheat Multi-Grain Bread: Wheat, Milk, Soy Apple Crisp: Milk, Soy, Wheat	Carne Guisada Fiesta Rice Ranch Beans: Soy Whole Grain Tortilla: Wheat Peaches, Pineapple, Pears	Pork Roast w/Gravy: Wheat Garlic Whipped Potatoes: Milk, Soy California Vegetable Blend Whole Grain Roll: Wheat Fresh Banana	Chicken A La King: Soy, Wheat, Milk Parslied Rice: Soy Peas w/Red Peppers Whole Grain Biscuit: Milk, Soy, Wheat Fresh Orange
10	11	12	13	14
Baked Chicken Breast Balsamic Onion Jam: Soy Cut Yams: Soy, Milk Mixed Vegetables: Soy, Milk Whole Grain Roll: Wheat Diced Peaches	Roast Beef w/Gravy: Milk, Soy, Wheat Lyonnaised Potatoes: Milk, Soy Zucchini & Tomatoes Cornbread: Egg, Milk, Soy, Wheat Apple Slices	Potato Crusted Pollock: Fish, Milk, Wheat Macaroni & Cheese: Soy, Wheat, Milk Tuscany Vegetable Blend Multi-Grain Bread: Wheat, Milk, Soy Fresh Banana	Baked Chicken Breast Spinach Artichoke Sauce: Soy, Milk, Wheat Brown Rice Peas & Carrots: Soy Whole Grain Roll: Wheat Fresh Orange	Swedish Meatballs: Soy, Wheat, Milk Egg Noodles: Wheat, Egg, Soy Brussels Sprouts Whole Grain Roll: Wheat Hot Spiced Fruit
17	18	19	20	21
Chicken and Rice Bake: Milk, Wheat, Soy Seasoned Green Beans: Soy Glazed Baby Carrots: Soy, Milk Whole Grain Roll: Wheat Apple Slices	Pork Roast w/Red-Eyed Gravy: Soy Oven Roasted Potatoes: Soy Garlic Spinach: Soy Multi-Grain Bread: Wheat, Milk, Soy Diced Peaches	Sweet & Sour Meatballs: Soy, Wheat Steamed Rice Japanese Vegetable Blend: Soy, Milk Whole Wheat Toast: Wheat Fresh Orange	Whole Grain Breaded Fish: Soy, Wheat, Fish Whole Kernel Corn Coleslaw: Egg, Soy Hamburger Bun: Soy, Wheat Peach Crisp: Soy, Milk, Wheat	Baked Chicken Breast Mediterranean Sauce: Milk Lemon Orzo: Soy, Wheat Tuscany Vegetable Blend Whole Grain Roll: Wheat Fresh Banana
24	25	26	27	28
Closed for Christmas Eve	Closed for Christmas Day	Sliced Turkey Breast Cranberry Orange Sauce Fall Vegetable Hash: Soy Seasoned Green Beans: Soy Cornbread: Egg, Milk, Soy, Wheat Fresh Banana	Baked Chicken Breast Jamaican Ginger Sauce: Soy Black Beans Pineapple Carrots: Milk, Soy Multigrain Bread: Wheat, Milk, Soy Diced Peaches	Beef Chili w/Beans Parslied Diced Potatoes: Milk, Soy Mixed Green Salad w/Dressing: Egg, Soy, Milk Saltine Crackers: Wheat, Soy Apple Raisin Compote
31				
Lasagna Casserole: Wheat, Milk Zucchini: Soy Mixed Vegetables Whole Grain Garlic Breadstick: Milk, Soy, Wheat Fresh Orange	Milk is served with every meal. Allergen in milk is milk.			