

PLEASE CALL (707) 425-0638 OR 1-800-788-5114 FOR RESERVATIONS OR CANCELLATIONS 48 HOURS IN ADVANCE • [www.mealsonwheelssolano.org](http://www.mealsonwheelssolano.org)

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>3</b></p> <p><b>Cheese Omelet</b> - Egg, Milk Shredded Cheese - Milk Paprika Diced Potatoes <b>Garden Vegetables</b> Soy <b>Whole Wheat Bread</b> - Wheat Cinnamon Applesauce</p>	<p><b>4</b></p> <p>Cuban Shredded Pork Hawaiian Baked Beans <b>Coleslaw</b> - Soy, Egg <b>Whole Wheat Hamburger Bun</b> - Wheat <b>Cranapple Crisp</b> - Soy</p>	<p><b>5</b></p> <p><b>Asian Chicken Salad</b> - Wheat, Soy <b>Whole Grain Saltine Crackers</b> - Wheat Mandarin Oranges</p>	<p><b>6</b></p> <p>Sliced Turkey Breast <b>Dijon Cream Sauce</b> - Milk <b>Roasted Sweet Potatoes</b> - Soy Brussels Sprouts <b>Multi-Grain Bread</b> - Wheat, Milk, Soy Tropical Fruit</p>	<p><b>7</b></p> <p><b>Stuffed Salmon with Dill Sauce</b> - Fish, Wheat, Soy, Milk <b>Dill Sauce</b> - soy, wheat <b>Garlic Whipped Potatoes</b> - Soy Tuscany Vegetable Blend <b>Whole Wheat Bread</b> - Wheat Glazed Fruit</p>
<p><b>10</b></p> <p><b>Spinach Lasagna</b> - Soy, Wheat, Milk, Egg <b>Broccoli</b> - Soy Mixed Vegetables <b>Multi-Grain Bread</b> - Wheat, Milk, Soy Fresh Apple <b>Birthday Cake</b> - Wheat, Milk, Soy</p>  	<p><b>11</b></p> <p><b>Chicken Pot Pie</b> - Soy, Wheat, Milk <b>Parslied Rice</b> - Soy <b>Roasted Sweet Potatoes</b> - Soy <b>Whole Grain Roll</b> - Wheat Citrus Fruit</p>	<p><b>12</b></p> <p><b>Chicken Tortilla Soup</b> - Soy California Vegetable Blend Mixed Green Salad <b>Cornbread</b> - Soy, Wheat, Milk, Egg <b>Hot Diced Pears</b> - Soy <b>Salad Dressing</b> - Egg, Milk, Soy</p>	<p><b>13</b></p> <p>Thai Chili Shredded Pork Jasmine Rice <b>Seasoned Green Beans</b> - Soy <b>Whole Wheat Bread</b> - Wheat Fresh Banana</p>	<p><b>14</b></p> <p><b>Valentine's Day Meal</b> <b>Chicken Fettucine Alfredo</b> - Milk, Wheat Baby Carrots Herbed Green Beans <b>Whole Grain Garlic Breadsticks</b> - Milk, Soy, Wheat Fresh Citrus Fruit <b>Strawberry Swirl Pudding</b> - Milk</p>
<p><b>17</b></p> <p><b>Closed President's Day</b></p>	<p><b>18</b></p> <p><b>Sesame Mustard Pork</b> - Soy <b>Rice Florentine</b> - Soy Japanese Vegetable Blend <b>Whole Grain Roll</b> - Soy Fresh Banana</p>	<p><b>19</b></p> <p><b>Chef Salad</b> - Egg, Milk <b>Whole Grain Saltine Crackers</b> - Wheat Diced Peaches <b>Chocolate Chip Cookie</b> - Egg, Milk, Soy, Wheat <b>Salad Dressing</b> - Egg, Milk, Soy</p>	<p><b>20</b></p> <p><b>Hamburger Patty</b> - Soy Lettuce and Tomato <b>Tater Tots</b> - Soy <b>Ranch Beans</b> - Soy <b>Whole Wheat Hamburger Bun</b> - Wheat Citrus Fruit</p>	<p><b>21</b></p> <p><b>Tuna Tetrazzini</b> - Fish, Milk, Wheat, Soy Brussels Sprouts Roasted Baby Carrots - Soy <b>Multi-Grain Bread</b> - Wheat, Milk, Soy Cranapplesauce <b>Sour Cream</b> - milk</p>
<p><b>24</b></p> <p>Honey Mustard Chicken Thigh Green Beans Black-eyed Peas <b>Whole Grain Roll</b> - Wheat Fresh Citrus Fruit</p>	<p><b>25</b></p> <p><b>Meatloaf w/Gravy</b> - Egg, Milk, Soy, Wheat <b>Whipped Potatoes</b> - Milk, Soy Spinach <b>Whole Wheat Bread</b> - Wheat Fruit Cocktail</p>	<p><b>26</b></p> <p><b>Ash Wednesday Meal</b> <b>Broccoli Cheese Soup</b> - Milk, Soy Mixed Green Salad <b>Whole Grain Roll</b> - Soy Cinnamon Diced Apples <b>Oatmeal Raisin Cookie</b> - Egg, Milk, Wheat, Soy, Nut <b>Salad Dressing</b> - Egg, Milk, Soy</p>	<p><b>27</b></p> <p><b>Chicken Piccata</b> - Soy <b>Whole Grain Penne Pasta</b> - Wheat, Soy Tuscany Vegetable Blend <b>Whole Grain Garlic Breadsticks</b> - Milk, Soy, Wheat Fruit Salad</p>	<p><b>28</b></p> <p><b>Cheesy Potato Soup</b> - milk, soy, wheat Capri Vegetables Cauliflower <b>Whole Grain Saltine Crackers</b> - Wheat Fresh Banana</p>

Milk is served with every meal. Allergen in milk is milk. Margarine is served with most meals. Allergens in margarine are milk and soy.  Menu with > 1,000 mg sodium