

# Senior Dining Allergy Menu

## February 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.

PLEASE CALL (707) 426-3079 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
Milk is served with every meal. Allergen in milk is milk.				
				<b>1</b>
				<u>Tuna Tetrazzini</u> - Fish, Wheat, Soy, Milk Brussels Sprouts <u>Roasted Baby Carrots</u> - Soy <u>Multi-Grain Bread</u> : Wheat, Milk, Soy Fresh Banana
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<u>Cheese Omelet</u> - Egg, Milk <u>Ham Hollandaise Sauce</u> - Egg, Milk <u>Broccoli</u> - Soy <u>Ranch Roasted Potatoes</u> - Soy, Milk Whole Wheat Bread - <u>Wheat</u> Fresh Banana	<u>Taco Meat</u> - Wheat <u>Shredded Cheese</u> - Milk Lettuce and Tomato <u>Pinto Beans</u> - Soy <u>Fiesta Vegetable Blend</u> - Soy <u>Whole Wheat Tortilla</u> - Wheat Peaches/Pineapple/Pears	<u>Chicken Gumbo</u> - Soy Brown Rice California Vegetable Blend <u>Cornbread</u> - Soy, Wheat Fresh Apple	Beef Spaghetti Sauce <u>Spaghetti Noodles</u> - Wheat, Soy Tossed Spinach Salad <u>Garlic Breadstick</u> - Milk, Soy, Wheat <u>Cherry Crumble</u> - Soy, Wheat, Milk <u>Salad Dressing</u> - Egg, Milk, Soy	<u>Lemon Pepper Fish</u> - Fish, Wheat, Soy <u>Rice Pilaf</u> - Soy Rosemary Carrots <u>Multi-Grain Bread</u> : Wheat, Milk, Soy Tropical Fruit
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<u>Chicken Cordon Bleu</u> - Milk, Egg, Soy, Wheat <u>Buttered Rice</u> - Soy Whole Kernel Corn <u>Garlic Breadstick</u> - Milk, Soy, Wheat Fresh Orange <u>Birthday Cake</u> - Milk, Soy, Wheat 	Cuban Shredded Pork Hawaiian Baked Beans <u>Carrot Slaw</u> - Soy, Egg <u>Hamburger Bun</u> - Soy, Wheat <u>Cranapple Crisp</u> - Soy	<u>Asian Chicken Salad</u> - Wheat, Soy Pineapple Tidbits	<u>Valentine's Day Meal</u> <u>Beef Ravioli</u> - Milk, Soy, Wheat in Tomato Sauce Baby Carrots <u>Seasoned Green Beans</u> - Soy <u>Garlic Breadstick</u> - Milk, Soy, Wheat Diced Pears <u>Strawberry Glazed Pound Cake</u> - Egg, Milk, Wheat, Soy	<u>Breaded Fish</u> : Soy, Wheat, Fish <u>Garlic Whipped Potatoes</u> - Milk, Soy Tuscany Vegetable Blend <u>Whole Wheat Bread</u> - Wheat Glazed Fruit
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>Closed for Presidents Day</b>	<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	<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	Thai Chili Shredded Pork Jasmine Rice <u>Seasoned Green Beans</u> - Soy <u>Whole Wheat Bread</u> - Wheat Fresh Banana	<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
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	
Cranberry Orange Chicken Breast <u>Wild Rice</u> - Soy <u>Capri Vegetable Blend</u> - Soy <u>Whole Grain Roll</u> - Wheat Fresh Orange	<u>Chef Salad</u> - Egg, Milk <u>Whole Grain Saltine Crackers</u> - Wheat Diced Peaches <u>Sugar Cookie</u> - Egg, Milk, Soy, Wheat <u>Salad Dressing</u> - Egg, Soy, Milk	<u>Sesame Mustard Pork</u> - Soy <u>Rice Florentine</u> - Soy Japanese Vegetable Blend <u>Whole Grain Roll</u> - Wheat Fresh Banana	<u>Hamburger Patty</u> - Soy Lettuce and Tomato <u>Tater Tots</u> - Soy <u>Ranch Beans</u> - Soy <u>Hamburger Bun</u> - Soy, Wheat Citrus Fruit	