



Home Delivered 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

Monday	Tuesday	Wednesday	Thursday	Friday
Milk is served with every meal. Allergen in milk is milk.				1
				<u>Italian Turkey Bake</u> - Wheat, Milk <u>Roasted Butternut Squash</u> - Soy Green Peas <u>Garlic Breadstick</u> - Milk, Soy, Wheat Applesauce
4	5	6	7	8
<u>Honey Balsamic Chicken Breast</u> - Soy <u>Roasted Sweet Potatoes</u> - Soy Black-eyed Peas <u>Whole Grain Roll</u> - Wheat Fresh Orange	<u>Meatloaf w/Gravy</u> : Egg, Milk, Soy, Wheat <u>Whipped Potatoes</u> - Milk, Soy Spinach <u>Whole Wheat Bread</u> - Wheat Fruit Cocktail	Beef and Bean Chili Baked Potato Mixed Green Salad <u>Whole Grain Saltine Crackers</u> - Wheat Apple Raisin Compote <u>Salad Dressing</u> - Egg, Milk, Soy	<u>Chicken Piccata</u> - Soy <u>Whole Grain Penne Pasta</u> - Wheat, Soy Mixed Vegetables <u>Garlic Breadstick</u> - Milk, Soy, Wheat Pineapple Tidbits	<u>Tuna Tetrizzini</u> - Fish, Wheat, Soy, Milk Brussels Sprouts <u>Roasted Baby Carrots</u> - Soy <u>Multi-Grain Bread</u> : Wheat, Milk, Soy Fresh Banana
11	12	13	14	15
<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
18	19	20	21	22
Closed for Presidents Day	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>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
25	26	27	28	
<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>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	