

**January 2021**  
Congregate Allergy Menu



**Suggested Contribution**  
**\$4.00 per meal**

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
				<b>1</b>
				<b>Closed New Year's Day</b>
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>Breaded Fish</b> - Soy, Wheat, Fish <b>Parslied Potatoes</b> - Milk, Soy <b>Tuscany Vegetables</b> - Milk, Soy <b>Whole Wheat Bread</b> - Wheat Pineapple Tidbits	Cuban Pork Broccoli with Red Peppers <b>Roasted Sweet Potatoes</b> - Soy <b>Whole Wheat Hamburger Bun</b> - Wheat <b>Cranapple Crisp</b> - Milk, Soy	<b>Harvest Chicken Salad</b> - Milk, Tree Nuts <b>Whole Grain Saltine Crackers</b> - Wheat Fruited Gelatin	<b>Salisbury Steak</b> - Milk, Soy, Wheat <b>Sweet Potatoes</b> - Soy Green Beans <b>Whole Wheat Bread</b> - Wheat Orange Juice	<b>Cheese Omelet</b> - Egg, Milk Black Beans <b>Lyonnais Potatoes</b> - Milk, Soy <b>Whole Wheat Bread</b> - Wheat Hot Cinnamon Applesauce
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>Spinach Artichoke Chicken</b> - Soy <b>Sweet Potatoes</b> - Soy Green Beans <b>Whole Wheat Bread</b> - Wheat Fresh Orange	<b>Sesame Mustard Pork</b> - Soy <b>Rice Florentine</b> - Soy Japanese Vegetables <b>Whole Grain Roll</b> - Wheat, Soy Fresh Banana	<b>Chef Salad</b> - Egg, Milk <b>Whole Grain Saltine Crackers</b> - Wheat Mixed Fruit <b>Chocolate Chip Cookie</b> - Egg, Milk, Soy, W <b>Salad Dressing</b> - Egg, Milk, Soy	<b>Hamburger Patty</b> - Soy Lettuce and Tomato Whole Kernel Corn <b>Ranch Beans</b> - Soy <b>Whole Wheat Hamburger Bun</b> - Wheat Citrus Fruit	<b>Tuna Tetrazzini</b> - Fish, Milk, Wheat, Soy Brussels Sprouts <b>Roasted Baby Carrots</b> - Soy <b>Whole Wheat Bread</b> - Wheat Cranapplesauce
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>Closed for</b> <b>Martin Luther King Jr. Day</b>	<b>Chicken Pot Pie</b> - Soy, Wheat, Milk <b>Whipped Potatoes</b> - Milk <b>Whole Grain Roll</b> - Wheat Hot Sliced Peaches	<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	Thai Chili Pork Jasmine Rice <b>Green Beans with Red Peppers</b> - Soy <b>Whole Wheat Bread</b> - Wheat Fresh Banana	<b>Breaded Fish</b> - Soy, Wheat, Fish <b>Oven Roasted Potatoes</b> - Soy Baby Carrots <b>Whole Grain Roll</b> - Wheat <b>Fluffy Fruit Salad</b> - Milk, Soy <b>Tartar Sauce</b> - Egg, Soy
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>Creole Steak</b> - Egg, Milk, Soy, Wheat <b>Green Beans</b> - Milk, Soy <b>Black-Eyed Peas</b> - Milk, Soy <b>Whole Grain Roll</b> - Wheat Fresh Orange	<b>Turkey Meatloaf</b> - Wheat <b>Brown Gravy</b> - Egg, Milk, Soy, Wheat <b>Whipped Potatoes</b> - Milk Mixed Greens <b>Whole Wheat Bread</b> - Wheat Fruit Cocktail	Beef and Bean Chili Paprika Potatoes Mixed Green Salad <b>Whole Grain Saltine Crackers</b> - Wheat Hot Pineapple Tidbits <b>Salad Dressing</b> - Egg, Milk, Soy	<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	<b>Cheesy Potato Soup</b> - milk, soy, wheat Capri Vegetables Cauliflower <b>Whole Grain Saltine Crackers</b> - Wheat Fresh Banana

**Milk is served with every meal. Allergen in milk is milk. Margarine is served with most meals. Allergen in margarine is soy.**

February 2021

Congregate Allergy Menu



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Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b></p> <p><b>Beef Enchiladas</b> - Soy, Wheat Chili Beans Spanish Brown Rice Stewed Tomatoes Mandarin Oranges</p>	<p><b>2</b></p> <p>Lemon Apricot Chicken <b>Lima Beans</b> - Milk, Soy Rosemary Carrots <b>Whole Grain Roll</b> - Wheat Fresh Orange</p>	<p><b>3</b></p> <p><b>Taco Meat</b> - Wheat <b>Shredded Cheese</b> - Milk Lettuce and Tomato <b>Pinto Beans</b> - Soy <b>Fiesta Vegetable Blend</b> - Soy <b>Whole Wheat Tortilla</b> - Wheat Peaches/Pineapple/Pears</p>	<p><b>4</b></p> <p><b>Chicken Gumbo</b> - Soy Brown Rice California Vegetable Blend <b>Cornbread</b> - Soy, Wheat, Milk, Egg Fresh Banana</p>	<p><b>5</b></p> <p><b>Cheese Tortellini</b> - Egg, Milk, Wheat <b>Shredded Mozzarella</b> - Milk Marinara Sauce Spinach Salad <b>Whole Grain Garlic Breadsticks</b> - Milk, Soy, Wheat Raisins <b>Salad Dressing</b> - Egg, Milk, Soy</p>
<p><b>8</b></p> <p><b>Breaded Fish</b> - Soy, Wheat, Fish <b>Parslied Potatoes</b> - Milk, Soy <b>Tuscany Vegetables</b> - Milk, Soy <b>Whole Wheat Bread</b> - Wheat Pineapple Tidbits</p>	<p><b>9</b></p> <p>Cuban Pork Broccoli with Red Peppers <b>Roasted Sweet Potatoes</b> - Soy <b>Whole Wheat Hamburger Bun</b> - Wheat <b>Cranapple Crisp</b> - Milk, Soy</p>	<p><b>10</b></p> <p><b>Harvest Chicken Salad</b> - Milk, Tree Nuts <b>Whole Grain Saltine Crackers</b> - Wheat Fruited Gelatin</p>	<p><b>11</b></p> <p><b>Salisbury Steak</b> - Milk, Soy, Wheat <b>Sweet Potatoes</b> - Soy Green Beans <b>Whole Wheat Bread</b> - Wheat Orange Juice</p>	<p><b>12</b></p> <p><b>Valentine's Day Meal</b> <b>Cheese Ravioli</b> - Egg, Milk, Wheat <b>Shredded Mozzarella</b> - Milk Marinara Sauce Sliced Carrots <b>Green Beans</b> - Milk, Soy <b>Whole Grain Garlic Breadsticks</b> - Milk, Soy, Wheat Fruited Gelatin</p>
<p><b>15</b></p> <p><b>Closed President's Day</b></p>	<p><b>16</b></p> <p><b>Sesame Mustard Pork</b> - Soy <b>Rice Florentine</b> - Soy Japanese Vegetables <b>Whole Grain Roll</b> - Soy Fresh Banana</p>	<p><b>17</b></p> <p><b>Ash Wednesday</b> <b>Broccoli Cheese Bake</b> - Egg, Milk Brown Rice Mixed Green Salad Hot Spiced Apples <b>Salad Dressing</b> - Egg, Milk, Soy</p>	<p><b>18</b></p> <p><b>Hamburger Patty</b> - Soy Lettuce and Tomato <b>Ranch Beans</b> - Soy Whole Kernel Corn <b>Whole Wheat Hamburger Bun</b> - Wheat Citrus Fruit</p>	<p><b>19</b></p> <p><b>Tuna Tetrazzini</b> - Fish, Milk, Wheat, Soy Brussels Sprouts <b>Roasted Baby Carrots</b> - Soy <b>Whole Wheat Bread</b> - Wheat Cranapplesauce</p>
<p><b>22</b></p> <p><b>Beef Lasagna</b> - Milk, Wheat Broccoli Mixed Vegetables <b>Multi-Grain Bread</b> - Milk, Wheat Applesauce</p>	<p><b>23</b></p> <p><b>Chicken Pot Pie</b> - Soy, Wheat, Milk <b>Whipped Potatoes</b> - Milk <b>Whole Grain Roll</b> - Wheat Hot Sliced Peaches</p>	<p><b>24</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>25</b></p> <p>Thai Chili Pork Jasmine Rice <b>Green Beans with Red Peppers</b> - Soy <b>Whole Wheat Bread</b> - Wheat Fresh Banana</p>	<p><b>26</b></p> <p><b>Breaded Fish</b> - Soy, Wheat, Fish <b>Oven Roasted Potatoes</b> - Soy Baby Carrots <b>Whole Grain Roll</b> - Wheat <b>Fluffy Fruit Salad</b> - Milk, Soy <b>Tartar Sauce</b> - Egg, Soy</p>

**Milk is served with every meal. Allergen in milk is milk. Margarine is served with most meals. Allergen in margarine is soy.**

March 2021

Congregate Allergy Menu



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Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b></p> <p><b>Creole Steak</b> - Egg, Milk, Soy, Wheat  <b>Green Beans</b> - Milk, Soy  <b>Black-Eyed Peas</b> - Milk, Soy  <b>Whole Grain Roll</b> - Wheat  Fresh Orange</p>	<p><b>2</b></p> <p><b>Turkey Meatloaf</b> - Wheat  <b>Brown Gravy</b> - Egg, Milk, Soy, Wheat  <b>Whipped Potatoes</b> - Milk  Mixed Greens  <b>Whole Wheat Bread</b> - Wheat  Fruit Cocktail</p>	<p><b>3</b></p> <p>Beef and Bean Chili  Paprika Potatoes  Mixed Green Salad  <b>Whole Grain Saltine Crackers</b> - Wheat  Hot Pineapple Tidbits  <b>Salad Dressing</b> - Egg, Milk, Soy</p>	<p><b>4</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>5</b></p> <p><b>Cheesy Potato Soup</b> - milk, soy, wheat  Capri Vegetables  Cauliflower  <b>Whole Grain Saltine Crackers</b> - Wheat  Fresh Banana</p>
<p><b>8</b></p> <p><b>Beef Enchiladas</b> - Soy, Wheat  Chili Beans  Spanish Brown Rice  Stewed Tomatoes  Mandarin Oranges</p>	<p><b>9</b></p> <p>Lemon Apricot Chicken  <b>Lima Beans</b> - Milk, Soy  Rosemary Carrots  <b>Whole Grain Roll</b> - Wheat  Fresh Orange</p>	<p><b>10</b></p> <p><b>Taco Meat</b> - Wheat  <b>Shredded Cheese</b> - Milk  Lettuce and Tomato  <b>Pinto Beans</b> - Soy  <b>Fiesta Vegetable Blend</b> - Soy  <b>Whole Wheat Tortilla</b> - Wheat  Peaches/Pineapple/Pears</p>	<p><b>11</b></p> <p><b>Chicken Gumbo</b> - Soy  Brown Rice  California Vegetable Blend  <b>Cornbread</b> - Soy, Wheat, Milk, Egg  Fresh Banana</p>	<p><b>12</b></p> <p><b>Cheese Tortellini</b> - Egg, Milk, Wheat  <b>Shredded Mozzarella</b> - Milk  Marinara Sauce  Spinach Salad  <b>Whole Grain Garlic Breadsticks</b> - Milk, Soy, Wheat  Raisins  <b>Salad Dressing</b> - Egg, Milk, Soy</p>
<p><b>15</b></p> <p><b>Breaded Fish</b> - Soy, Wheat, Fish  <b>Parslied Potatoes</b> - Milk, Soy  <b>Tuscany Vegetables</b> - Milk, Soy  <b>Whole Wheat Bread</b> - Wheat  Pineapple Tidbits</p>	<p><b>16</b></p> <p>Cuban Pork  Broccoli with Red Peppers  <b>Roasted Sweet Potatoes</b> - Soy  <b>Whole Wheat Hamburger Bun</b> - Wheat  <b>Cranapple Crisp</b> - Milk, Soy</p>	<p><b>17</b></p> <p><b>St. Patrick's Day</b>  <b>Beef Hash</b> -Egg, Milk, Soy, Wheat  <b>Sautéed Cabbage</b> - Milk, Soy  <b>Red Potatoes</b> - Soy  <b>Cornbread</b> - Soy, Wheat, Milk, Egg  Fresh Banana  <b>Chocolate Chip Cookie</b> - Egg, Milk, Soy, Wheat</p>	<p><b>18</b></p> <p><b>Salisbury Steak</b> - Milk, Soy, Wheat  <b>Sweet Potatoes</b> - Soy  Green Beans  <b>Whole Wheat Bread</b> - Wheat  Orange Juice</p>	<p><b>19</b></p> <p><b>Cheese Omelet</b> - Egg, Milk  Black Beans  <b>Lyonnais Potatoes</b> - Milk, Soy  <b>Whole Wheat Bread</b> - Wheat  Hot Cinnamon Applesauce</p>
<p><b>22</b></p> <p><b>Spinach Artichoke Chicken</b> - Soy  <b>Sweet Potatoes</b> - Soy  Green Beans  <b>Whole Wheat Bread</b> - Wheat  Fresh Orange</p>	<p><b>23</b></p> <p><b>Sesame Mustard Pork</b> - Soy  <b>Rice Florentine</b> - Soy  Japanese Vegetable Blend  <b>Whole Grain Roll</b> - Wheat  Fresh Banana</p>	<p><b>24</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>25</b></p> <p><b>Hamburger Patty</b> - Soy  Lettuce and Tomato  Whole Kernel Corn  <b>Ranch Beans</b> - Soy  <b>Whole Wheat Hamburger Bun</b> - Wheat  Citrus Fruit</p>	<p><b>26</b></p> <p><b>Tuna Tetrizzini</b> - Fish, Milk, Wheat, Soy  Brussels Sprouts  Roasted Baby Carrots - Soy  <b>Multi-Grain Bread</b> - Wheat, Milk, Soy  Cranapplesauce</p>
<p><b>29</b></p> <p><b>Beef Lasagna</b> - Milk, Wheat  Broccoli  Mixed Vegetables  <b>Multi-Grain Bread</b> - Milk, Wheat  Applesauce</p>	<p><b>30</b></p> <p><b>Chicken Pot Pie</b> - Soy, Wheat, Milk  <b>Whipped Potatoes</b> - Milk  <b>Whole Grain Roll</b> - Wheat  Hot Sliced Peaches</p>	<p><b>31</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>		

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