

January 2021

Home Delivery 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

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				Closed New Year's Day
4	5	6	7	8
Salisbury Beef - milk, soy, wheat Mushroom Gravy - milk, soy, wheat Whipped Potatoes - milk, soy Spinach Whole Wheat Bread - wheat Pineapple Tidbits	Sweet & Sour Pork Jasmine Rice Japanese Vegetables - soy, milk Multi-Grain Bread - wheat, milk, soy Fruit Cocktail Fortune Cookie - Wheat, soy	Sliced Turkey Breast Cranberry Sauce Fall Vegetable Hash Green Beans - soy, milk Whole Wheat Bread - wheat Fresh Banana	Glazed Turkey Ham Black Eyed Peas Brussels Sprouts Cornbread -milk, soy, egg Fluffy Fruit Salad - milk	Baked Chicken Breast Bruschetta Sauce Rigatoni Pasta - soy Tuscany Vegetable Blend Whole Grain Roll - wheat Fresh Banana
11	12	13	14	15
Breaded Fish - Soy, Wheat, Fish Parslied Potatoes - Milk, Soy Tuscany Vegetables - Milk, Soy Whole Wheat Bread - Wheat Pineapple Tidbits	Cuban Pork Broccoli with Red Peppers Roasted Sweet Potatoes - Soy Whole Wheat Hamburger Bun - Wheat Cranapple Crisp - Milk, Soy	Harvest Chicken Salad - Milk, Tree Nuts Whole Grain Saltine Crackers - Wheat Fruited Gelatin	Salisbury Steak - Milk, Soy, Wheat Sweet Potatoes - Soy Green Beans Whole Wheat Bread - Wheat Orange Juice	Cheese Omelet - Egg, Milk Black Beans Lyonnais Potatoes - Milk, Soy Whole Wheat Bread - Wheat Hot Cinnamon Applesauce
18	19	20	21	22
Closed for Martin Luther King Jr. Day	Sesame Mustard Pork - Soy Rice Florentine - Soy Japanese Vegetables Whole Grain Roll - Wheat, Soy Fresh Banana	Chef Salad - Egg, Milk Whole Grain Saltine Crackers - Wheat Mixed Fruit Chocolate Chip Cookie - Egg, Milk, Soy, W Salad Dressing - Egg, Milk, Soy	Hamburger Patty - Soy Lettuce and Tomato Whole Kernel Corn Ranch Beans - Soy Whole Wheat Hamburger Bun - Wheat Citrus Fruit	Tuna Tetrazzini - Fish, Milk, Wheat, Soy Brussels Sprouts Roasted Baby Carrots - Soy Whole Wheat Bread - Wheat Cranapplesauce
25	26	27	28	29
Spinach Artichoke Chicken - Soy Sweet Potatoes - Soy Green Beans Whole Wheat Bread - Wheat Fresh Orange	Chicken Pot Pie - Soy, Wheat, Milk Whipped Potatoes - Milk Whole Grain Roll - Wheat Hot Sliced Peaches	Chicken Tortilla Soup - Soy California Vegetable Blend Mixed Green Salad Cornbread - Soy, Wheat, Milk, Egg Hot Diced Pears - Soy Salad Dressing - Egg, Milk, Soy	Thai Chili Pork Jasmine Rice Green Beans with Red Peppers - Soy Whole Wheat Bread - Wheat Fresh Banana	Breaded Fish - Soy, Wheat, Fish Oven Roasted Potatoes - Soy Baby Carrots Whole Grain Roll - Wheat Fluffy Fruit Salad - Milk, Soy Tartar Sauce - Egg, Soy

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

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Creole Steak - Egg, Milk, Soy, Wheat Green Beans - Milk, Soy Black-Eyed Peas - Milk, Soy Whole Grain Roll - Wheat Fresh Orange</p>	<p>2</p> <p>Turkey Meatloaf - Wheat Brown Gravy - Egg, Milk, Soy, Wheat Whipped Potatoes - Milk Mixed Greens Whole Wheat Bread - Wheat Fruit Cocktail</p>	<p>3</p> <p>Beef and Bean Chili Paprika Potatoes Mixed Green Salad Whole Grain Saltine Crackers - Wheat Hot Pineapple Tidbits Salad Dressing - Egg, Milk, Soy</p>	<p>4</p> <p>Chicken Piccata - Soy Whole Grain Penne Pasta - Wheat, Soy Tuscany Vegetable Blend Whole Grain Garlic Breadsticks - Milk, Soy, Wheat Fruit Salad</p>	<p>5</p> <p>Cheesy Potato Soup - milk, soy, wheat Capri Vegetables Cauliflower Whole Grain Saltine Crackers - Wheat Fresh Banana</p>
<p>8</p> <p>Beef Enchiladas - Soy, Wheat Chili Beans Spanish Brown Rice Stewed Tomatoes Mandarin Oranges</p>	<p>9</p> <p>Lemon Apricot Chicken Lima Beans - Milk, Soy Rosemary Carrots Whole Grain Roll - Wheat Fresh Orange</p>	<p>10</p> <p>Taco Meat - Wheat Shredded Cheese - Milk Lettuce and Tomato Pinto Beans - Soy Fiesta Vegetable Blend - Soy Whole Wheat Tortilla - Wheat Peaches/Pineapple/Pears</p>	<p>11</p> <p>Chicken Gumbo - Soy Brown Rice California Vegetable Blend Cornbread - Soy, Wheat, Milk, Egg Fresh Banana</p>	<p>12</p> <p>Cheese Tortellini - Egg, Milk, Wheat Shredded Mozzarella - Milk Marinara Sauce Spinach Salad Whole Grain Garlic Breadsticks - Milk, Soy, Wheat Raisins Salad Dressing - Egg, Milk, Soy</p>
<p>15</p> <p>Closed President's Day</p>	<p>16</p> <p>Cuban Pork Broccoli with Red Peppers Roasted Sweet Potatoes - Soy Whole Wheat Hamburger Bun - Wheat Cranapple Crisp - Milk, Soy</p>	<p>17</p> <p>Harvest Chicken Salad - Milk, Tree Nuts Whole Grain Saltine Crackers - Wheat Fruited Gelatin</p>	<p>18</p> <p>Salisbury Steak - Milk, Soy, Wheat Sweet Potatoes - Soy Green Beans Whole Wheat Bread - Wheat Orange Juice</p>	<p>19</p> <p>Cheese Ravioli - Egg, Milk, Wheat Shredded Mozzarella - Milk Marinara Sauce Sliced Carrots Green Beans - Milk, Soy Whole Grain Garlic Breadsticks - Milk, Soy, Wheat Fruited Gelatin</p>
<p>22</p> <p>Breaded Fish - Soy, Wheat, Fish Parslied Potatoes - Milk, Soy Tuscany Vegetables - Milk, Soy Whole Wheat Bread - Wheat Pineapple Tidbits</p>	<p>23</p> <p>Sesame Mustard Pork - Soy Rice Florentine - Soy Japanese Vegetables Whole Grain Roll - Soy Fresh Banana</p>	<p>24</p> <p>Broccoli Cheese Bake - Egg, Milk Brown Rice Mixed Green Salad Hot Spiced Apples Salad Dressing - Egg, Milk, Soy</p>	<p>25</p> <p>Hamburger Patty - Soy Lettuce and Tomato Whole Kernel Corn Ranch Beans - Soy Whole Wheat Hamburger Bun - Wheat Citrus Fruit</p>	<p>26</p> <p>Tuna Tetrazzini - Fish, Milk, Wheat, Soy Brussels Sprouts Roasted Baby Carrots - Soy Whole Wheat Bread - Wheat Cranapplesauce</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
Home Delivery Menu



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

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