



Home Delivered Allergy Menu January 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
	1 Closed for New Years Day	2 BBQ Chicken <u>Roasted Sweet Potatoes</u> : Soy <u>Seasoned Green Beans</u> : Soy <u>Whole Grain Roll</u> : Wheat Pineapple Tidbits	3 <u>Beef Patty</u> : Soy Lettuce & Tomato <u>Tater Tots</u> : Soy Baked Beans <u>Hamburger Bun</u> : Soy, Wheat Fresh Orange	4 Glazed Turkey Ham Black Eyed Peas Cabbage <u>Cornbread</u> : Egg, Milk, Soy, Wheat <u>Ambrosia Salad</u> : Milk, Soy
7 <u>Meatloaf w/Gravy</u> : Egg, Milk, Soy, Wheat <u>Country Potatoes</u> : Soy, Milk <u>Glazed Baby Carrots</u> : Soy, Milk <u>Whole Grain Roll</u> : Wheat Diced Pears	8 <u>Sliced Roast Beef w/Gravy</u> : Milk, Soy, Wheat <u>Scalloped Potatoes</u> : Soy, Milk Brussels Sprouts <u>Whole Grain Roll</u> : Wheat Apple Slices <u>Carrot Raisin Cake</u> : Egg, Soy, Wheat	9 Carne Guisada Fiesta Rice <u>Ranch Beans</u> : Soy <u>Whole Grain Tortilla</u> : Wheat Peaches, Pineapple, Pears	10 <u>Pork Roast w/Gravy</u> : Wheat <u>Garlic Whipped Potatoes</u> : Milk, Soy California Vegetable Blend <u>Whole Grain Roll</u> : Wheat Fresh Banana	11 <u>Chicken A La King</u> : Soy, Wheat, Milk <u>Parslied Rice</u> : Soy Peas w/Red Peppers <u>Whole Grain Biscuit</u> : Milk, Soy, Wheat Fresh Orange
14 <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	15 Cuban Shredded Pork Hawaiian Baked Beans <u>Carrot Slaw</u> - Soy, Egg <u>Hamburger Bun</u> - Soy, Wheat <u>Cranapple Crisp</u> - Soy	16 <u>Asian Chicken Salad</u> - Wheat, Soy Pineapple Tidbits	17 Sliced Turkey Breast <u>Dijon Cream Sauce</u> - Milk <u>Roasted Sweet Potatoes</u> - Soy Brussels Sprouts <u>Multi-Grain Bread</u> : Wheat, Milk, Soy Tropical Fruit	18 <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
21 Closed for Martin Luther King Jr. Day	22 <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	23 <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	24 Thai Chili Shredded Pork Jasmine Rice <u>Seasoned Green Beans</u> - Soy <u>Whole Wheat Bread</u> - Wheat Fresh Banana	25 <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
28 <u>Salisbury Steak</u> - Milk, Soy, Wheat <u>Mushroom Gravy</u> - Milk, Soy, Wheat <u>Whipped Potatoes</u> - Milk, Soy Mixed Vegetables <u>Multi-Grain Bread</u> : Wheat, Milk, Soy Apple Slices	29 <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	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>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	Milk is served with every meal. Allergen in milk is milk.