



Senior Dining 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.

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Monday	Tuesday	Wednesday	Thursday	Friday
	1 Closed for New Years Day	2 Carne Guisada Fiesta Rice <u>Ranch Beans</u> : Soy <u>Whole Grain Tortilla</u> : Wheat Peaches, Pineapple, Pears	3 <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	4 <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
7 <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	8 Cuban Shredded Pork Hawaiian Baked Beans <u>Carrot Slaw</u> - Soy, Egg <u>Hamburger Bun</u> - Soy, Wheat <u>Cranapple Crisp</u> - Soy	9 <u>Asian Chicken Salad</u> - Wheat, Soy Pineapple Tidbits	10 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	11 <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
14 <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 <u>Birthday Cake</u> - Milk, Soy, Wheat 	15 <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	16 <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	17 Thai Chili Shredded Pork Jasmine Rice <u>Seasoned Green Beans</u> - Soy <u>Whole Wheat Bread</u> - Wheat Fresh Banana	18 <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
21 Closed for Martin Luther King Jr. Day	22 <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	23 <u>Sesame Mustard Pork</u> - Soy <u>Rice Florentine</u> - Soy Japanese Vegetable Blend <u>Whole Grain Roll</u> - Wheat Fresh Banana	24 <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	25 <u>Italian Turkey Bake</u> - Wheat, Milk <u>Roasted Butternut Squash</u> - Soy Green Peas <u>Garlic Breadstick</u> - Milk, Soy, Wheat Applesauce
28 <u>Honey Balsamic Chicken Breast</u> - Soy <u>Roasted Sweet Potatoes</u> - Soy Black-eyed Peas <u>Whole Grain Roll</u> - Wheat Fresh Orange	29 <u>Meatloaf w/Gravy</u> : Egg, Milk, Soy, Wheat <u>Whipped Potatoes</u> - Milk, Soy Spinach <u>Whole Wheat Bread</u> - Wheat Fruit Cocktail	30 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	31 <u>Chicken Piccata</u> - Soy <u>Whole Grain Penne Pasta</u> - Wheat, Soy Mixed Vegetables <u>Garlic Breadstick</u> - Milk, Soy, Wheat Pineapple Tidbits	Milk is served with every meal. Allergen in milk is milk.