




PLEASE CALL (707) 425-0638 OR 1-800-788-5114 FOR RESERVATIONS OR CANCELLATIONS 48 HOURS IN ADVANCE • www.mealsonwheelssolano.org

		1 Fajita Chicken Spanish Rice Fiesta Vegetable Blend Whole Grain Tortilla: wheat, soy Apricot Halves	2 Independence Day Meal Beef Frank Baked Beans Potato Salad: soy, milk, egg WW Hot Dog Bun: wheat, soy Peach Cobbler: milk, soy, wheat	3 CLOSED Independence Day (observed)
6 Chicken Tortilla Soup*: soy Mexican Rice: soy Mixed Greens Fiesta Vegetable Blend *Tortilla Chips: soy Mandarin Oranges	7 Meatloaf with Gravy: egg, milk, soy, wheat Whipped Potatoes: milk, soy Mixed Vegetables Multi-Grain Bread: wheat, milk, soy Fresh Banana	8 Souvlaki Chicken Rice Pilaf: soy, milk California Vegetable Salad: soy Whole Wheat Bread: wheat Hot Diced Pears: soy	9 Beef Patty: soy Lettuce and Tomato Chuckwagon Corn Green Beans: soy, milk WW Hamburger Bun: wheat, soy Fluffy Fruit Salad: milk Mayonnaise Packet: egg, soy	10 Pork Chile Verde: soy Spanish Rice Black Beans Whole Grain Tortilla: wheat, soy Tangerines
13 Cheese Omelet: milk, egg Shredded Cheese: milk O'Brien Potatoes: soy Fiesta Vegetable Blend Whole Grain Tortilla: wheat, soy Peach/Pineapple/Pears	14 BBQ Pork Rib Patty: soy Pinto Beans: soy Carrot Slaw: soy, egg WW Hamburger Bun: wheat, soy Hot Spiced Peaches: soy	15 Harvest Chicken Salad: nuts, milk WG Saltine Crackers: wheat, soy Fresh Orange Salad Dressing: soy	16 Swiss Steak: milk, soy, wheat Garlic Whipped Potatoes: milk, soy Sliced Carrots Whole Wheat Bread: wheat Watermelon	17 Chicken Gumbo: soy Parslied Rice: soy Broccoli: soy, milk Cornbread: soy, wheat, milk Fresh Apple
20 Salisbury Beef: soy, milk, wheat Mushroom Gravy: wheat Buttered Rice: soy, milk Capri Vegetables Multi-Grain Bread: wheat, milk, soy Fresh Orange Birthday Cake: wheat, soy, milk	21 Sausage w/ Onions and Peppers Garden Vegetables: soy, milk Baked Beans WW Hot Dog Bun: wheat, soy Hot Spiced Apples	22 Beef Stroganoff: wheat, soy, milk WG Penne Pasta: wheat, soy Roasted Baby Carrots: soy Whole Wheat Bread: wheat Mixed Fruit	23 Potato Crusted Pollock: fish, wheat, milk Parslied Potatoes: soy Tuscany Vegetables Whole Wheat Bread: wheat Fresh Apple Tartar Sauce Packet: soy, egg	24 Chicken Salad: egg, soy California Vegetable Salad: soy Waldorf Salad: egg, soy Fresh Banana Whole Wheat Bread: wheat
27 Three Cheese Ziti: egg, milk, wheat Mixed Vegetables Spinach: milk, soy WG Garlic Breadstick: milk, soy, wheat Tropical Fruit	28 Mu Shu Pork: soy Jasmin Rice Broccoli Multi-Grain Bread: wheat, milk, soy Fresh Apple Fortune Cookie: wheat, soy	29 Roast Beef w/Gravy: milk, soy, wheat Country Potatoes: milk, soy Sliced Carrots Whole Grain Roll: wheat Fresh Banana	30 Baked BBQ Chicken Breast Baked Beans Corn Salad: soy, egg Whole Wheat Bread: wheat Pineapple Crisp: soy, milk	31 Charbroiled Beef with Gravy and Peppers: milk, soy, wheat Country Sweet Potatoes: soy Green Beans: milk, soy Multi-Grain Bread: wheat, milk, soy Fresh Orange


Milk is served with every meal. Allergen in milk is milk.

 New Menu Item



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Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
<p>Vegetarian Enchilada Bake: soy, milk Brown Rice California Vegetables Multi-Grain Bread: wheat, milk, soy Applesauce</p>	<p>Lemon Pepper Fish: fish, wheat Rice Florentine Brussels Sprouts w/Cheese Sauce: milk, soy Whole Wheat Bread: wheat Fresh Banana</p>	<p>Beef Spaghetti Bake: soy, wheat, milk Herbed Green Peas Cucumber Tomato Salad WG Garlic Breadstick: milk, soy, wheat Hot Tropical Fruit</p>	<p>Pork Roast Sesame Mustard Sauce: soy Fried Rice: soy, egg Japanese Vegetables: soy Multi-Grain Bread: wheat, milk, soy Fresh Apple</p>	<p>Chef Salad: milk, soy, egg WG Saltine Crackers: wheat, soy Tangerines Chocolate Chip Cookie: egg, milk, soy, wheat Salad Dressing: egg, milk, soy</p>
10	11	12	13	14
<p>Chicken Tortilla Soup*: soy Mexican Rice: soy Mixed Greens Fiesta Vegetable Blend *Tortilla Chips: soy Mandarin Oranges</p>	<p>Meatloaf with Gravy: egg, milk, soy, wheat Whipped Potatoes: milk, soy Mixed Vegetables Multi-Grain Bread: wheat, milk, soy Fresh Banana</p>	<p>Souvlaki Chicken  Rice Pilaf: soy, milk California Vegetable Salad: soy Whole Wheat Bread: wheat Hot Diced Pears: soy</p>	<p>Beef Patty: soy Lettuce and Tomato Chuckwagon Corn Green Beans: soy, milk WW Hamburger Bun: wheat, soy Fluffy Fruit Salad: milk Mayonnaise Packet: egg, soy</p>	<p>Pork Chile Verde: soy Spanish Rice Black Beans Whole Grain Tortilla: wheat, soy Tangerines</p>
17	18	19	20	21
<p>Cheese Omelet: milk, egg Shredded Cheese: milk O'Brien Potatoes: soy  Fiesta Vegetable Blend Whole Grain Tortilla: wheat, soy Fresh Apple Birthday Cake: wheat, soy, milk</p>	<p>BBQ Pork Rib Patty: soy Pinto Beans: soy Carrot Slaw: soy, egg WW Hamburger Bun: wheat, soy Hot Spiced Peaches: soy</p>	<p>Harvest Chicken Salad: nuts, milk WG Saltine Crackers: wheat, soy Fresh Orange Salad Dressing: soy</p>	<p>Swiss Steak: milk, soy, wheat Garlic Whipped Potatoes: milk, soy Sliced Carrots Whole Wheat Bread: wheat Watermelon</p>	<p>Chicken Gumbo: soy Parslied Rice: soy Broccoli: soy, milk Cornbread: soy, wheat, milk Fresh Apple</p>
24	25	26	27	28
<p>Salisbury Beef: soy, milk, wheat Mushroom Gravy: wheat Buttered Rice: soy, milk Capri Vegetables Multi-Grain Bread: wheat, milk, soy Mandarin Oranges</p>	<p>Sausage w/ Onions and Peppers  Garden Vegetables: soy, milk Baked Beans WW Hot Dog Bun: wheat, soy Hot Spiced Apples</p>	<p>Beef Stroganoff: wheat, soy, milk WG Penne Pasta: wheat, soy Roasted Baby Carrots: soy Whole Wheat Bread: wheat Mixed Fruit</p>	<p>Potato Crusted Pollock: fish, wheat, milk Parslied Potatoes: soy Tuscany Vegetables Whole Wheat Bread: wheat Fresh Apple Tartar Sauce Packet: soy, egg</p>	<p>Chicken Salad: egg, soy California Vegetable Salad: soy Waldorf Salad: egg, soy Fresh Banana Whole Wheat Bread: wheat</p>
31				
<p>Three Cheese Ziti: egg, milk, wheat Mixed Vegetables Spinach: milk, soy WG Garlic Breadstick: milk, soy, wheat Tropical Fruit</p>	<p>Milk is served with every meal. Allergen in milk is milk.</p> <p>Printing courtesy of Rockville Terrace Senior Living</p>			

 New Menu Item

 Menu with ≥ 1,000 mg sodium

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Monday	Tuesday	Wednesday	Thursday	Friday
	1 Mu Shu Pork: soy Jasmin Rice Broccoli Multi-Grain Bread: wheat, milk, soy Fresh Apple Fortune Cookie: wheat, soy	2 Roast Beef w/Gravy: milk, soy, wheat Country Potatoes: milk, soy Sliced Carrots Whole Grain Roll: wheat Fresh Banana	3 Baked BBQ Chicken Breast Baked Beans Corn Salad: soy, egg Whole Wheat Bread: wheat Pineapple Crisp: soy, milk	4 Labor Day Meal Beef Patty: soy Lettuce and Tomato Tater Tots: soy Coleslaw: egg, soy WW Hamburger Bun: wheat, soy Cherry Cobbler: milk, soy, wheat Mayonnaise Packet: egg, soy
7 CLOSED Labor Day	8 Lemon Pepper Fish: fish, wheat Rice Florentine Brussels Sprouts w/Cheese Sauce: milk, soy Whole Wheat Bread: wheat Fresh Banana	9 Beef Spaghetti Bake: soy, wheat, milk Herbed Green Peas Cucumber Tomato Salad WG Garlic Breadstick: milk, soy, wheat Hot Tropical Fruit	10 Pork Roast Sesame Mustard Sauce: soy Fried Rice: soy, egg Japanese Vegetables: soy Multi-Grain Bread: wheat, milk, soy Fresh Apple	11 Chef Salad: milk, soy, egg WG Saltine Crackers: wheat, soy Tangerines Chocolate Chip Cookie: egg, milk, soy, wheat Salad Dressing: egg, milk, soy
14 Chicken Tortilla Soup*: soy Mexican Rice: soy Mixed Greens Fiesta Vegetable Blend *Tortilla Chips: soy Mandarin Oranges	15 Meatloaf with Gravy: egg, milk, soy, wheat Whipped Potatoes: milk, soy Mixed Vegetables Multi-Grain Bread: wheat, milk, soy Fresh Banana	16 Souvlaki Chicken Rice Pilaf: soy, milk California Vegetable Salad: soy Whole Wheat Bread: wheat Hot Diced Pears: soy	17 Beef Patty: soy Lettuce and Tomato Chuckwagon Corn Green Beans: soy, milk WW Hamburger Bun: wheat, soy Fluffy Fruit Salad: milk Mayonnaise Packet: egg, soy	18 Pork Chile Verde: soy Spanish Rice Black Beans Whole Grain Tortilla: wheat, soy Tangerines
21 Cheese Omelet: milk, egg Shredded Cheese: milk O'Brien Potatoes: soy Fiesta Vegetable Blend Whole Grain Tortilla: wheat, soy Fresh Apple Birthday Cake: wheat, soy, milk	22 BBQ Pork Rib Patty: soy Pinto Beans: soy Carrot Slaw: soy, egg WW Hamburger Bun: wheat, soy Hot Spiced Peaches: soy	23 Harvest Chicken Salad: nuts, milk WG Saltine Crackers: wheat, soy Fresh Orange Salad Dressing: soy	24 Swiss Steak: milk, soy, wheat Garlic Whipped Potatoes: milk, soy Sliced Carrots Whole Wheat Bread: wheat Watermelon	25 Chicken Gumbo: soy Parslied Rice: soy Broccoli: soy, milk Cornbread: soy, wheat, milk Fresh Apple
28 Salisbury Beef: soy, milk, wheat Mushroom Gravy: wheat Buttered Rice: soy, milk Capri Vegetables Multi-Grain Bread: wheat, milk, soy Mandarin Oranges	29 Sausage w/ Onions and Peppers Garden Vegetables: soy, milk Baked Beans WW Hot Dog Bun: wheat, soy Hot Spiced Apples	30 Beef Stroganoff: wheat, soy, milk WG Penne Pasta: wheat, soy Roasted Baby Carrots: soy Whole Wheat Bread: wheat Mixed Fruit	 New Menu Item  Menu with ≥ 1,000 mg sodium	

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