



July 2020
Home Delivery 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

Monday	Tuesday	Wednesday	Thursday	Friday
		1 <u>Meatloaf with Gravy</u> - egg, milk, soy, <u>Country Potatoes</u> - milk, soy Mixed Vegetables <u>Whole Wheat Bread</u> - wheat Applesauce	2 Baked Chicken Balsamic Onion Sauce <u>Whole Grain Penne Pasta</u> - wheat, so Mixed Green Salad <u>Whole Grain Roll</u> - wheat Hot Mandarin Oranges/Pineapples <u>Salad Dressing</u> - egg, milk, soy	3 CLOSED Independence Day (Observed)
6 Black Bean Soup Whole Kernel Corn <u>Zucchini Squash</u> - soy <u>Whole Grain Crackers</u> - wheat, soy Fresh Orange	7 <u>Cheese Omelet</u> - egg <u>Shredded Cheese</u> - milk Hashbrowns <u>Stewed Tomatoes</u> - soy <u>Whole Wheat Bread</u> - wheat Mixed Fruit	8 Fajita Chicken Spanish Rice Fiesta Vegetable Blend <u>Whole Grain Tortilla</u> : wheat, soy Apricot Halves	9 Beef Frank  Baked Beans <u>Potato Salad</u> : soy, milk, egg <u>WW Hot Dog Bun</u> : wheat, soy <u>Peach Cobbler</u> : milk, soy, wheat <u>Peach Cobbler</u> : milk, soy, wheat	10 Pork Roast Gravy <u>Broccoli & Carrots</u> - soy <u>Ranch Potatoes</u> - milk <u>Whole Wheat Bread</u> - wheat <u>Chocolate Chip Cookie</u> - egg, soy, whe Fresh Banana
13 <u>Chicken Tortilla Soup*</u> : soy <u>Mexican Rice</u> : soy Mixed Greens Fiesta Vegetable Blend <u>*Tortilla Chips</u> : soy Mandarin Oranges	14 <u>Meatloaf with Gravy</u> : egg, milk, soy, wheat <u>Whipped Potatoes</u> : milk, soy Mixed Vegetables <u>Multi-Grain Bread</u> : wheat, milk, soy Fresh Banana	15 Souvlaki Chicken <u>Rice Pilaf</u> : soy, milk <u>California Vegetable Salad</u> : soy <u>Whole Wheat Bread</u> : wheat <u>Hot Diced Pears</u> : soy	16 <u>Beef Patty</u> : soy Lettuce and Tomato Chuckwagon Corn <u>Green Beans</u> : soy, milk <u>WW Hamburger Bun</u> : wheat, soy <u>Fluffy Fruit Salad</u> : milk <u>Mayonnaise Packet</u> : egg, soy	17 <u>Pork Chile Verde</u> : soy Spanish Rice Black Beans <u>Whole Grain Tortilla</u> : wheat, soy Tangerines
20 <u>Cheese Omelet</u> : milk, egg <u>Shredded Cheese</u> : milk <u>O'Brien Potatoes</u> : soy Fiesta Vegetable Blend <u>Whole Grain Tortilla</u> : wheat, soy Peach/Pineapple/Pears	21 <u>BBQ Pork Rib Patty</u> : soy <u>Pinto Beans</u> : soy <u>Carrot Slaw</u> : soy, egg <u>WW Hamburger Bun</u> : wheat, soy <u>Hot Spiced Peaches</u> : soy	22 <u>Harvest Chicken Salad</u> : nuts, milk <u>WG Saltine Crackers</u> : wheat, soy Fresh Orange <u>Salad Dressing</u> : soy	23 <u>Swiss Steak</u> : milk, soy, wheat <u>Garlic Whipped Potatoes</u> : milk, soy Sliced Carrots <u>Whole Wheat Bread</u> : wheat Watermelon	24 <u>Chicken Gumbo</u> : soy <u>Parslied Rice</u> : soy <u>Broccoli</u> : soy, milk <u>Cornbread</u> : soy, wheat, milk Fresh Apple
27 <u>Salisbury Beef</u> : soy, milk, wheat <u>Mushroom Gravy</u> : wheat <u>Buttered Rice</u> : soy, milk Capri Vegetables <u>Multi-Grain Bread</u> : wheat, milk, soy Fresh Orange	28 Sausage w/ Onions and Peppers <u>Garden Vegetables</u> : soy, milk  Baked Beans <u>WW Hot Dog Bun</u> : wheat, soy Hot Spiced Apples	29 <u>Beef Stroganoff</u> : wheat, soy, milk <u>WG Penne Pasta</u> : wheat, soy <u>Roasted Baby Carrots</u> : soy <u>Whole Wheat Bread</u> : wheat Mixed Fruit	30 <u>Potato Crusted Pollock</u> : fish, wheat, milk <u>Parslied Potatoes</u> : soy Tuscany Vegetables <u>Whole Wheat Bread</u> : wheat Fresh Apple <u>Tartar Sauce Packet</u> : soy, egg	31 <u>Chicken Salad</u> : egg, soy <u>California Vegetable Salad</u> : soy <u>Waldorf Salad</u> : egg, soy Fresh Banana <u>Whole Wheat Bread</u> : wheat






Indicates Menu with > 1,000 mg sodium

August 2020
Home Delivery Allergy Menu



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Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
<p>Three Cheese Ziti: egg, milk, wheat Mixed Vegetables Spinach: milk, soy WG Garlic Breadstick: milk, soy, wheat Tropical Fruit</p>	<p>Mu Shu Pork: soy Jasmin Rice Broccoli Multi-Grain Bread: wheat, milk, soy Fresh Apple Fortune Cookie: wheat, soy</p>	<p>Roast Beef w/Gravy: milk, soy, wheat Country Potatoes: milk, soy Sliced Carrots Whole Grain Roll: wheat Fresh Banana</p>	<p>Baked BBQ Chicken Breast Baked Beans Corn Salad: soy, egg  Whole Wheat Bread: wheat Pineapple Crisp: soy, milk</p>	<p>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</p>
10	11	12	13	14
<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>
17	18	19	20	21
<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>
24	25	26	27	28
<p>Cheese Omelet: milk, egg Shredded Cheese: milk O'Brien Potatoes: soy Fiesta Vegetable Blend Whole Grain Tortilla: wheat, soy Fresh Apple</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>
31				
<p>Salisbury Beef: soy, milk, wheat Mushroom Gravy: wheat Buttered Rice: soy, milk Capri Vegetables Multi-Grain Bread: wheat, milk, soy Mandarin Oranges</p>	 Indicates Menu with > 1,000 mg sodium			

September 2020

Home Delivery Allergy Menu



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\$4.00 per meal

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