

Meals on Wheels of Solano County

Home Delivered Meals Allergy Menu

May 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.mealsonwheelsolano.org

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Milk is served with every meal. Allergen in milk is milk.</p>		<p>1</p> <p><u>Swiss Steak</u> - soy, wheat, milk <u>Macaroni and Cheese</u> - wheat, milk, soy Tuscany Vegetable Blend <u>Multi-Grain Bread</u> - wheat, milk, soy Fresh Banana</p>	<p>2</p> <p><u>Chicken Cacciatore</u> - soy <u>Whole Grain Penne Pasta</u> - wheat, soy Spinach <u>Bread Pudding</u> - wheat, soy, egg, milk Mandarin Oranges</p>	<p>3</p> <p><u>Roast Beef with Gravy</u> - milk, soy, wheat <u>Garlic Whipped Potatoes</u> - milk Steamed Baby Carrots <u>Whole Grain Roll</u> - wheat Fruit Cocktail</p>
		<p>6</p> <p><u>Cheesy Potato Soup</u> - soy, milk, wheat Whole Kernel Corn <u>Zucchini</u> - soy <u>Whole Grain Saltine Crackers</u> - wheat, soy Fresh Orange</p>	<p>7</p> <p>Chicken Taco Meat Lettuce and Tomato Spanish Rice Fiesta Vegetable Blend <u>Whole Wheat Tortilla</u> - wheat, soy Pineapple Juice</p>	<p>8</p> <p><u>Steak and Eggs</u> - egg, milk <u>O'Brien Potatoes</u> - soy <u>Stewed Tomatoes</u> - soy <u>Whole Wheat Bread</u> - wheat Glazed Fruit</p>
<p>13</p> <p>Baked Chicken Breast <u>Spinach Artichoke Sauce</u> - soy, milk, wheat <u>Whipped Potatoes</u> - milk, soy Mixed Green Salad <u>WG Garlic Breadstick</u> - milk, soy, wheat <u>Hot Mixed Fruit</u> - soy <u>Salad Dressing</u> - egg, milk, soy</p>	<p>14</p> <p><u>Lemon Pepper Fish</u> - fish, wheat, soy Brown Rice Tuscany Vegetable Blend <u>Whole Grain Roll</u> - wheat Fresh Banana <u>Tartar Sauce Packet</u> - soy, egg</p>	<p>15</p> <p><u>Pork Adobo</u> - soy Steamed Rice Japanese Vegetables <u>Whole Wheat Bread</u> - wheat <u>Pineapple w/Cottage Cheese</u> - milk</p>	<p>16</p> <p><u>Hamburger Patty</u> - soy Lettuce and Tomato <u>Coleslaw</u> - egg, soy Baked Beans <u>WW Hamburger Bun</u> - soy, wheat <u>Peach Crisp</u> - soy, milk, wheat <u>Mayonnaise Packet</u> - soy, egg</p>	<p>17</p> <p><u>Pork Roast w/Gravy</u> - milk, soy, wheat <u>Roasted Red Potatoes</u> - soy California Vegetable Blend <u>Multi-Grain Bread</u> - wheat, milk, soy <u>Strawberry Pound Cake</u> - wheat, egg, milk Fresh Apple</p>
<p>20</p> <p>Beef Spaghetti Sauce <u>Spaghetti Noodles</u> - soy, wheat <u>Seasoned Green Beans</u> - soy Mixed Green Salad <u>WG Garlic Breadstick</u> - milk, soy, wheat Hot Spiced Pears <u>Salad Dressing</u> - egg, milk, soy</p>	<p>21</p> <p><u>Chicken Rice Casserole</u> - milk, wheat, soy Herbed Green Peas Parslied Carrots <u>Multi-Grain Bread</u> - wheat, milk, soy Fresh Orange</p>	<p>22</p> <p><u>Meatloaf with Gravy</u> - egg, milk, soy, wheat <u>Country Potatoes</u> - milk, soy Mixed Vegetables <u>Whole Grain Roll</u> - wheat Applesauce</p>	<p>23</p> <p><u>Garlic Rosemary Chicken</u> - milk, soy, wheat <u>Penne Pasta</u> - soy, wheat Garden Vegetables <u>Whole Grain Roll</u> - wheat <u>Fluffy Fruit Salad</u> - milk, soy</p>	<p>24</p> <p><u>Salmon Patty</u> - fish <u>Parslied Rice</u> - soy Brussels Sprouts <u>WW Hamburger Bun</u> - soy, wheat Fresh Banana <u>Tartar Sauce Packet</u> - soy, egg</p>
<p>27</p> <p>Closed for Memorial Day</p>	<p>28</p> <p><u>Pizza Casserole</u> - wheat, egg Peas and Mushrooms Spinach Salad <u>WG Garlic Breadstick</u> - milk, soy, wheat Hot Sliced Peaches <u>Salad Dressing</u> - egg, milk, soy</p>	<p>29</p> <p><u>Beef Taco Salad</u> - wheat <u>Shredded Cheese</u> - milk Black Beans <u>Whole Grain Tortilla Chips</u> - soy Hot Mandarin Oranges & Pineapple</p>	<p>30</p> <p><u>Pork Steak with Gravy</u> - milk, soy, wheat <u>Oven Roasted Sweet Potatoes</u> - soy <u>Seasoned Green Beans</u> - soy <u>Whole Grain Roll</u> - wheat Fresh Apple</p>	<p>31</p> <p>Smoked Sausage w/Onions & Peppers Baked Beans <u>Carrot Slaw</u> - egg, soy <u>Whole Wheat Hot Dog Bun</u> - wheat, soy <u>Apple Crisp</u> - soy, milk, wheat</p>