

**August 2021
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
2	3	4	5	6
<u>Beef & Tky Spagehetti Casserole:</u> fish, milk, soy, wheat Peas Carrots <u>WG Garlic Breadstick:</u> milk, wheat, soy Fresh Orange	<u>Potato Crusted Fish:</u> fish, milk, wheat Brussels Sprouts Tuscany Vegetables <u>Whole Wheat Bread:</u> wheat Fresh Banana <u>Tartar Sauce:</u> egg, soy	<u>Vegetarian Enchilada Bake:</u> milk w/ Whole Grain Tortilla Chips Mexican Corn California Vegetables Fruited Gelatin	<u>Pork w/ Sesame Mustard Sauce:</u> soy Japanese Vegetables <u>Edamame:</u> soy <u>Whole Wheat Bread:</u> wheat <u>Fried Rice:</u> egg, soy Fresh Pear	<u>Chef Salad:</u> egg, milk over Mixed Salad Greens w/ Tomatoes & Carrots <u>WG Saltine Crackers:</u> soy, wheat Fresh Tangerines <u>Salad Dressing -</u> egg, milk, soy <u>Choc Chip Cookie:</u> egg, milk, soy, wheat
9	10	11	12	13
Baked Chicken BBQ Sauce Sliced Carrots <u>Coleslaw:</u> egg <u>WG Mac & Cheese:</u> milk, soy, wheat Fresh Apple	<u>Meatloaf w/ Gravy:</u> egg, milk, soy, wheat <u>Whipped Potatoes -</u> milk, soy Mixed Vegetables <u>Multi-Grain Bread -</u> wheat, milk, soy Fresh Banana Margarine	Cuban Shredded Pork Black Beans Mexican Corn Whole Grain Corn Tortilla Fresh Tangerines	<u>Beef Patty -</u> soy <u>Sliced Cheddar Cheese:</u> milk Yams Mixed Green Salad <u>WW Hamburger Bun:</u> soy, wheat Hot Applesauce Ketchup Mustard <u>Salad Dressing -</u> egg, milk, soy	Garlic Rosemary Chicken California Vegetables Lima Beans <u>Multi-Grain Bread -</u> wheat, milk, soy <u>Mandarin Oranges w/ Pudding:</u> milk
16	17	18	19	20
<u>Swiss Steak:</u> egg, milk, soy, wheat <u>Garlic Whipped Potatoes:</u> milk, soy Sliced Carrots <u>Whole Wheat Bread:</u> wheat Fresh Orange Margarine	<u>Harvest Chicken Salad:</u> milk, tree nuts (walnuts) over Fresh Spinach <u>WG Saltine Crackers:</u> soy, wheat Fruited Gelatin	<u>BBQ Pork Riblet -</u> soy Pinto Beans <u>Carrot Slaw:</u> egg, soy <u>WW Hamburger Bun:</u> soy, wheat <u>Pineapple Crisp:</u> milk, soy, wheat	<u>Chicken Gumbo:</u> milk, soy, wheat Broccoli <u>Southwest Corn:</u> milk, soy Brown Rice Fresh Banana	<u>Breaded Fish w/ Lemon Sauce:</u> fish, milk, soy, wheat Green Beans California Vegetables <u>Multi-Grain Bread -</u> wheat, milk, soy Fresh Apple Margarine
23	24	25	26	27
<u>Cheese Omelet:</u> egg, milk Hashbrown Potatoes <u>Edamame:</u> soy Whole Grain Corn Tortilla Orange Juice Salsa	<u>Salisbury Beef w/ Mushroom Gravy:</u> milk, soy, wheat Capri Vegetables Corn <u>Brown Rice:</u> milk, soy Fresh Orange	<u>Baked Fish w/ Lemon Sauce:</u> fish, milk, soy, wheat Garden Vegetables Green Beans <u>Whole Wheat Bread:</u> wheat Fresh Apple Margarine	<u>Beef & Turkey Stroganoff:</u> fish, milk, wheat Roasted Baby Carrots Peas <u>WG Penne Pasta:</u> soy, wheat Tropical Fruit	Chicken Tortilla Soup Fiesta Vegetables Black Beans Spanish Brown Rice Fresh Banana
30	31	<i>Milk is served with every meal. Allergen in milk is milk.</i>		
<u>Roast Beef w/ Gravy:</u> egg, milk, soy, wheat <u>Whipped Potatoes -</u> milk, soy <u>Parslied Carrots:</u> milk, soy <u>Whole Wheat Bread:</u> wheat Fresh Apple Assorted Jelly	<u>Three Cheese Ziti:</u> egg, milk, soy, wheat Zucchini & Tomatoes Mixed Vegetables <u>WG Saltine Crackers:</u> soy, wheat <u>Fluffy Fruit Salad:</u> milk			