July 2021

Allergy Menu

Suggested Contribution

$4.00 per meal

MEALS on WHEELS SOLANO COUNTY

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Monday	Tuesday	Wednesday	Thursday	Friday
Milk is served with every meal. Allergen in milk is milk.			***1*** Baked Chicken Balsamic Onion Sauce Green Beans and Carrots **Country Potatoes**: milk, soy **Whole Grain Roll** - wheat Fresh Orange	***2*** ***Independence Day Meal*** Beef Hot Dog Baked Beans **Coleslaw: egg** **WW Hot Dog Bun: soy, wheat** **Peach Crisp: milk, soy** Ketchup Mustard
5 Baked Chicken BBQ Sauce Sliced Carrots **Coleslaw: egg** **WG Mac & Cheese: milk, soy, wheat** Fresh Apple	***6*** **Meatloaf w/ Gravy: egg, milk, soy, wheat** **Whipped Potatoes - milk, soy** Mixed Vegetables **Multi-Grain Bread - wheat, milk, soy** Fresh Banana Margarine	***7*** Cuban Shredded Pork Black Beans Mexican Corn Whole Grain Corn Tortilla Fresh Tangerines	***8*** **Beef Patty - soy** **Sliced Cheddar Cheese: milk** Yams Mixed Green Salad **WW Hamburger Bun: soy, wheat** Hot Applesauce Ketchup Mustard **Salad Dressing - egg, milk, soy**	***9*** Garlic Rosemary Chicken California Vegetables Lima Beans **Multi-Grain Bread - wheat, milk, soy** **Mandarin Oranges w/ Pudding: milk**
12 **Swiss Steak: egg, milk, soy, wheat** **Garlic Whipped Potatoes: milk, soy** Sliced Carrots **Whole Wheat Bread: wheat** Fresh Orange Margarine	***13*** **Harvest Chicken Salad: milk, tree nuts (walnuts)** over Fresh Spinach **WG Saltine Crackers: soy, wheat** Fruited Gelatin	***14*** **BBQ Pork Riblet - soy** Pinto Beans **Carrot Slaw: egg, soy** **WW Hamburger Bun: soy, wheat** **Pineapple Crisp: milk, soy, wheat**	***15*** **Chicken Gumbo: milk, soy, wheat** Broccoli **Southwest Corn: milk, soy** Brown Rice Fresh Banana	***16*** **Breaded Fish w/ Lemon Sauce: fish, milk, soy, wheat** Green Beans California Vegetables **Multi-Grain Bread - wheat, milk, soy** Fresh Apple Margarine
19 **Cheese Omelet: egg, milk** Hashbrown Potatoes **Edamame: soy** Whole Grain Corn Tortilla Orange Juice Salsa	***20*** **Salisbury Beef w/ Mushroom Gravy: milk, soy, wheat** Capri Vegetables Corn **Brown Rice: milk, soy** Fresh Orange	***21*** **Baked Fish w/ Lemon Sauce: fish, milk, soy, wheat** Garden Vegetables Green Beans **Whole Wheat Bread: wheat** Fresh Apple Margarine	***22*** **Beef & Turkey Stroganoff: fish, milk, wheat** Roasted Baby Carrots Peas **WG Penne Pasta: soy, wheat** Tropical Fruit	***23*** Chicken Tortilla Soup Fiesta Vegetables Black Beans Spanish Brown Rice Fresh Banana
26 **Roast Beef w/ Gravy: egg, milk, soy, wheat** **Whipped Potatoes - milk, soy** **Parslied Carrots: milk, soy** **Whole Wheat Bread: wheat** Fresh Apple Assorted Jelly	***27*** **Three Cheese Ziti: egg, milk, soy, wheat** Zucchini & Tomatoes Mixed Vegetables **WG Saltine Crackers: soy, wheat** **Fluffy Fruit Salad: milk**	***28*** **Bkd Chkn w/ Spinach Artichoke Sc: milk, wheat** Broccoli Corn **Brown Rice Pilaf: milk, soy** Fresh Pear	***29*** **Beef Patty w/ Mushroom Gravy: milk, soy, wheat** Green Beans Yams **Whole Wheat Bread: wheat** Fresh Tangerines Margarine	***30*** **Chicken Salad: egg, soy** California Mix Salad **Edamame: soy** **WG Saltine Crackers: soy, wheat** Fresh Banana