



Senior Dining Allergy Menu

March 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.

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>Milk is served with every meal. Allergen in milk is milk.</p>				<p>1</p> <p><u>Italian Turkey Bake</u> - Wheat, Milk <u>Roasted Butternut Squash</u> - Soy Green Peas <u>Garlic Breadstick</u> - Milk, Soy, Wheat Applesauce</p>
<p>4</p> <p><u>Honey Balsamic Chicken Breast</u> - Soy <u>Roasted Sweet Potatoes</u> - Soy Black-eyed Peas <u>Whole Grain Roll</u> - Wheat Fresh Orange</p>	<p>5</p> <p><u>Meatloaf w/Gravy</u>: Egg, Milk, Soy, Wheat <u>Whipped Potatoes</u> - Milk, Soy Spinach <u>Whole Wheat Bread</u> - Wheat Fruit Cocktail</p>	<p><i>Ash Wednesday Meal</i> 6</p> <p><u>Broccoli Cheddar Soup</u> - Milk, Soy Mixed Green Salad <u>Whole Grain Roll</u> - Wheat Cinnamon Sliced Apples <u>Oatmeal Raisin Cookie</u> - Egg, Milk, Soy, Nut, Wheat <u>Salad Dressing</u> - Egg, Milk, Soy</p>	<p>7</p> <p><u>Chicken Piccata</u> - Soy <u>Whole Grain Penne Pasta</u> - Wheat, Soy Mixed Vegetables <u>Garlic Breadstick</u> - Milk, Soy, Wheat Pineapple Tidbits</p>	<p>8</p> <p><u>Tuna Tetrazzini</u> - Fish, Wheat, Soy, Milk Brussels Sprouts <u>Roasted Baby Carrots</u> - Soy <u>Multi-Grain Bread</u>: Wheat, Milk, Soy Fresh Banana</p>
<p>11</p> <p><u>Cheese Omelet</u> - Egg, Milk <u>Ham Hollandaise Sauce</u> - Egg, Milk <u>Broccoli</u> - Soy <u>Ranch Roasted Potatoes</u> - Soy, Milk Whole Wheat Bread - <u>Wheat</u> Fresh Banana <u>Birthday Cake</u> - Milk, Soy, Wheat </p>	<p>12</p> <p><u>Taco Meat</u> - Wheat <u>Shredded Cheese</u> - Milk Lettuce and Tomato <u>Pinto Beans</u> - Soy <u>Fiesta Vegetable Blend</u> - Soy <u>Whole Wheat Tortilla</u> - Wheat Peaches/Pineapple/Pears</p>	<p>13</p> <p><u>Chicken Gumbo</u> - Soy Brown Rice California Vegetable Blend <u>Cornbread</u> - Soy, Wheat Fresh Apple</p>	<p><i>St. Patrick's Day Meal</i> 14</p> <p>Corned Beef <u>Cabbage</u> - Soy <u>Roasted Red Potatoes</u> - Soy <u>Rye Bread</u> - Wheat, Soy Applesauce <u>Brownie</u> - Egg, Milk, Soy, Wheat</p>	<p>15</p> <p><u>Lemon Pepper Fish</u> - Fish, Wheat, Soy <u>Rice Pilaf</u> - Soy Rosemary Carrots <u>Multi-Grain Bread</u>: Wheat, Milk, Soy Tropical Fruit</p>
<p>18</p> <p><u>Chicken Cordon Bleu</u> - Milk, Egg, Soy, Wheat <u>Buttered Rice</u> - Soy Whole Kernel Corn <u>Garlic Breadstick</u> - Milk, Soy, Wheat Fresh Orange</p>	<p>19</p> <p>Cuban Shredded Pork Hawaiian Baked Beans <u>Carrot Slaw</u> - Soy, Egg <u>Hamburger Bun</u> - Soy, Wheat <u>Cranapple Crisp</u> - Soy</p>	<p>20</p> <p><u>Asian Chicken Salad</u> - Wheat, Soy Pineapple Tidbits</p>	<p>21</p> <p>Sliced Turkey Breast <u>Dijon Cream Sauce</u> - Milk <u>Roasted Sweet Potatoes</u> - Soy Brussels Sprouts <u>Multi-Grain Bread</u>: Wheat, Milk, Soy Tropical Fruit</p>	<p>22</p> <p><u>Breaded Fish</u>: Soy, Wheat, Fish <u>Garlic Whipped Potatoes</u> - Milk, Soy Tuscany Vegetable Blend <u>Whole Wheat Bread</u> - Wheat Glazed Fruit</p>
<p>25</p> <p><u>Salisbury Steak</u> - Milk, Soy, Wheat <u>Mushroom Gravy</u> - Milk, Soy, Wheat <u>Whipped Potatoes</u> - Milk, Soy Mixed Vegetables <u>Multi-Grain Bread</u>: Wheat, Milk, Soy Apple Slices</p>	<p>26</p> <p><u>Chicken Pot Pie</u> - Soy, Wheat, Milk <u>Parslied Rice</u> - Soy <u>Roasted Sweet Potatoes</u> - Soy <u>Whole Grain Roll</u> - Wheat Citrus Fruit</p>	<p>27</p> <p><u>Chicken Tortilla Soup</u> - Soy California Vegetable Blend Mixed Green Salad <u>Cornbread</u> - Soy, Wheat <u>Hot Sliced Pears</u> - Soy <u>Salad Dressing</u> - Egg, Milk, Soy</p>	<p>28</p> <p>Thai Chili Shredded Pork Jasmine Rice <u>Seasoned Green Beans</u> - Soy <u>Whole Wheat Bread</u> - Wheat Fresh Banana</p>	<p>29</p> <p><u>Stuffed Salmon w/Dill Sauce</u>: Fish, Wheat, Soy, Milk <u>Oven Roasted Potatoes</u> - Soy Baby Carrots <u>Multi-Grain Bread</u>: Wheat, Milk, Soy <u>Fluffy Fruit Salad</u> - Milk, Soy</p>