

Meals on Wheels of Solano County Senior Dining Menu November 2018

Suggested Meal Donation of \$3.00

Yours meals from Meals on Wheels of Solano County are made possible by the generous support of volunteers, Area Agency on Aging, federal funds, and donations from the community. If you are unable to contribute the entire \$3.00, please consider contributing whatever you can. No one will be denied a meal if unable to contribute.

Every donation 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
Milk is served with every meal. Allergen in milk is milk.				
5 <u>Chicken and Rice Bake:</u> Milk, Wheat, Soy <u>Seasoned Green Beans:</u> Soy <u>Glazed Baby Carrots:</u> Soy, Milk <u>Whole Grain Roll:</u> Wheat Apple Slices	6 <u>Pork Roast w/Red-Eyed Gravy:</u> Soy <u>Oven Roasted Potatoes:</u> Soy <u>Garlic Spinach:</u> Soy <u>Multi-Grain Bread:</u> Wheat, Milk, Soy Diced Peaches	7 <u>Sweet & Sour Meatballs:</u> Soy, Wheat Steamed Rice <u>Japanese Vegetable Blend:</u> Soy, Milk <u>Whole Wheat Toast:</u> Wheat Fresh Orange	8 Baked Chicken Breast <u>Spinach Artichoke Sauce:</u> Soy, Milk, Wheat Brown Rice <u>Peas & Carrots:</u> Soy <u>Whole Grain Roll:</u> Wheat Fresh Orange	9 Baked Chicken Breast <u>Mediterranean Sauce:</u> Milk <u>Lemon Orzo:</u> Soy, Wheat Tuscan Vegetable Blend <u>Whole Grain Roll:</u> Wheat Fresh Banana
12 Closed for Veterans Day	13 <u>Stuffed Salmon w/Dill Sauce:</u> Wheat, Soy, Milk Rice Florentine Yellow Squash <u>Multi-Grain Bread:</u> Wheat, Milk, Soy Applesauce	14 Baked Chicken Breast <u>Jamaican Ginger Sauce:</u> Soy Black Beans <u>Pineapple Carrots:</u> Milk, Soy <u>Multi-Grain Bread:</u> Wheat, Milk, Soy Diced Peaches	15 Thanksgiving Menu <u>Sliced Turkey Breast w/Gravy:</u> Wheat, Soy <u>Sweet Potato Casserole:</u> Soy <u>Seasoned Green Beans:</u> Soy <u>Multi-Grain Bread:</u> Wheat, Milk, Soy Fresh Banana <u>Lemon Glazed Pound Cake:</u> Egg, Milk, Wheat, Soy	16 Beef Chili w/Beans <u>Parslled Diced Potatoes:</u> Milk, Soy <u>Mixed Green Salad w/Dressing:</u> Egg, Soy, Milk <u>Saltine Crackers:</u> Wheat, Soy Apple Raisin Compote
19 <u>Chicken Cacciatore:</u> Wheat <u>Bowtie Pasta:</u> Wheat, Soy <u>Spinach:</u> Soy <u>Whole Grain Garlic breadstick:</u> Milk, Soy, Wheat Applesauce	20 <u>Salisbury Beef:</u> Milk, Soy, Wheat <u>French Onion Mushroom Sauce:</u> Milk, Soy, Wheat <u>Whipped Potatoes:</u> Milk, Soy <u>Glazed Carrots:</u> Milk, Soy <u>Cornbread:</u> Egg, Milk, Soy, Wheat Fresh Banana	21 BBQ Chicken <u>Roasted Sweet Potatoes:</u> Soy <u>Seasoned Green Beans:</u> Soy <u>Whole Grain Roll:</u> Wheat Pineapple Tidbits	22 Closed for Thanksgiving Holiday	23 Closed for Thanksgiving Holiday
26 <u>Meatloaf w/Gravy:</u> Egg, Milk, Soy, Wheat <u>Country Potatoes:</u> Soy, Milk <u>Glazed Baby Carrots:</u> Soy, Milk <u>Whole Grain Roll:</u> Wheat Diced Pears	27 <u>Bruschetta Chicken:</u> Milk <u>Garlic w/Red Pepper Penne:</u> Wheat, Soy <u>Club Spinach:</u> Milk, Soy, Wheat <u>Multi-Grain Bread:</u> Wheat, Milk, Soy <u>Apple Crisp:</u> Milk, Soy, Wheat	28 Carne Guisada Fiesta Rice Ranch Beans: Soy <u>Whole Grain Tortilla:</u> Wheat Peaches, Pineapple, Pears	29 <u>Pork Roast w/Gravy:</u> Wheat <u>Garlic Whipped Potatoes:</u> Milk, Soy California Vegetable Blend <u>Whole Grain Roll:</u> Wheat Fresh Banana	30 <u>Chicken A La King:</u> Soy, Wheat, Milk <u>Parslled Rice:</u> Soy Peas w/Red Peppers <u>Whole Grain Biscuit:</u> Milk, Soy, Wheat Fresh Orange