

# Meals on Wheels of Solano County

## Home Delivered Meals 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](http://www.mealsonwheelsolano.org)

<b>Milk is served with every meal. Allergen in milk is milk.</b>					
		<b>1</b>		<b>2</b>	
		<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		<u>Chicken A La King:</u> Soy, Wheat, Milk <u>Parslied Rice:</u> Soy Peas w/Red Peppers <u>Whole Grain Biscuit:</u> Milk, Soy, Wheat Fresh Orange	
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	
Baked Chicken Breast <u>Balsamic Onion Jam:</u> Soy <u>Cut Yams:</u> Soy, Milk <u>Mixed Vegetables:</u> Soy, Milk <u>Whole Grain Roll:</u> Wheat Diced Peaches	<u>Potato Crusted Pollock:</u> Fish, Milk, Wheat <u>Macaroni &amp; Cheese:</u> Soy, Wheat, Milk Tuscany Vegetable Blend <u>Multi-Grain Bread:</u> Wheat, Milk, Soy Fresh Banana	Beef Chili w/Beans Baked Potato <u>Broccoli w/Cheese:</u> Milk, Soy <u>Saltine Crackers:</u> Wheat, Soy Apple Slices <u>Brownie:</u> Egg, Milk, Soy, Peanuts	Baked Chicken Breast <u>Spinach Artichoke Sauce:</u> Soy, Milk, Wheat Brown Rice <u>Peas &amp; Carrots:</u> Soy <u>Whole Grain Roll:</u> Wheat Fresh Orange	<u>Swedish Meatballs:</u> Soy, Wheat, Milk <u>Egg Noodles:</u> Wheat, Egg, Soy Brussels Sprouts <u>Whole Grain Roll:</u> Wheat Hot Spiced Fruit	
<b>12</b>		<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b>Closed for Veterans Day</b>		<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	<u>Sweet &amp; Sour Meatballs:</u> Soy, Wheat Steamed Rice <u>Japanese Vegetable Blend:</u> Soy, Milk <u>Whole Wheat Toast:</u> Wheat Fresh Orange	<u>Whole Grain Breaded Fish:</u> Soy, Wheat, Fish Whole Kernel Corn <u>Coleslaw:</u> Egg, Soy <u>Hamburger Bun:</u> Soy, Wheat <u>Peach Crisp:</u> Soy, Milk, Wheat	Baked Chicken Breast <u>Mediterranean Sauce:</u> Milk <u>Lemon Orzo:</u> Soy, Wheat Tuscany Vegetable Blend <u>Whole Grain Roll:</u> Wheat Fresh Banana
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>		<b>23</b>
<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	<u>Stuffed Salmon w/Dill Sauce:</u> Wheat, Soy, Milk Rice Florentine Yellow Squash <u>Multi-Grain Bread:</u> Wheat, Milk, Soy Applesauce	Baked Chicken Breast <u>Jamaican Ginger Sauce:</u> Soy Black Beans <u>Pineapple Carrots:</u> Milk, Soy <u>Multigrain Bread:</u> Wheat, Milk, Soy Diced Peaches	<b>Closed for Thanksgiving Holiday</b>		<b>Closed for Thanksgiving Holiday</b>
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	
<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	<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	BBQ Chicken <u>Roasted Sweet Potatoes:</u> Soy <u>Seasoned Green Beans:</u> Soy <u>Whole Grain Roll:</u> Wheat Pineapple Tidbits	<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	Beef Chili w/Beans <u>Parslied Diced Potatoes:</u> Milk, Soy <u>Mixed Green Salad w/Dressing:</u> Egg, Soy, Milk <u>Saltine Crackers:</u> Wheat, Soy Apple Raisin Compote	