

October 2020
Home Delivery 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
			1 <u>Swiss Steak</u> : milk, soy, wheat <u>Garlic Whipped Potatoes</u> : milk, soy Sliced Carrots <u>Whole Wheat Bread</u> : wheat Watermelon	2 <u>Chicken Gumbo</u> : soy <u>Parslied Rice</u> : soy <u>Broccoli</u> : soy, milk <u>Cornbread</u> : soy, wheat, milk Fresh Apple
5 <u>Salisbury Beef</u> : soy, milk, wheat <u>Mushroom Gravy</u> : wheat <u>Buttered Rice</u> : soy, milk Capri Vegetables <u>Multi-Grain Bread</u> : wheat, milk, soy Mandarin Oranges	6 Sausage w/ Onions and Peppers <u>Garden Vegetables</u> : soy, milk Baked Beans <u>WW Hot Dog Bun</u> : wheat, soy Hot Spiced Apples	7 <u>Beef Stroganoff</u> : wheat, soy, milk <u>WG Penne Pasta</u> : wheat, soy <u>Roasted Baby Carrots</u> : soy <u>Whole Wheat Bread</u> : wheat Mixed Fruit	8 <u>Potato Crusted Pollock</u> : fish, wheat, milk <u>Parslied Potatoes</u> : soy Tuscan Vegetables <u>Whole Wheat Bread</u> : wheat Fresh Apple <u>Tartar Sauce Packet</u> : soy, egg	9 <u>Chicken Salad</u> : egg, soy <u>California Vegetable Salad</u> : soy <u>Waldorf Salad</u> : egg, soy Fresh Banana <u>Whole Wheat Bread</u> : wheat
12 <u>Cheesy Potato Soup</u> - milk, soy, wheat <u>Broccoli & Carrots</u> - soy <u>Cherry Crisp</u> - milk, soy <u>Unsalted Crackers</u> - wheat, soy	13 <u>Beef Au Jus</u> - soy <u>Northern Beans</u> - soy Spinach <u>Multi-Grain Bread</u> - wheat, milk, soy Mandarin Oranges	14 <u>Chicken Pot Pie</u> - soy, wheat, milk Green Beans w/Red Peppers Mixed Green Salad <u>Unsalted Crackers</u> - wheat, soy Hot Rosy Applesauce <u>Salad Dressing</u> - egg, milk, soy	15 <u>Whole Grain Breaded Fish</u> - fish, wheat Green Peas <u>Confetti Coleslaw</u> - egg, milk, soy <u>Whole Wheat Hamburger Bun</u> - wheat, soy <u>Hot Peach Slices</u> - soy <u>Tartar Sauce Packet</u> : soy, egg	16 Baked Chicken Breast Bruschetta Sauce <u>Rigatoni Pasta</u> - soy Tuscany Vegetable Blend <u>Whole Grain Roll</u> - wheat Fresh Banana
19 Chicken Fajitas <u>Black Beans & Rice</u> - soy California Vegetables <u>Whole Grain Tortilla</u> - wheat, soy Blushing Pears	20 <u>Swiss Steak</u> - soy, wheat, fish <u>Buttermilk Potatoes</u> - milk, soy, fish Mixed Vegetables <u>Whole Grain Roll</u> - wheat Fresh Orange	21 <u>Chicken Tortilla Soup</u> - soy Sliced Carrots Tossed Spinach Salad <u>Cornbread</u> - soy, wheat Hot Pineapple Tidbits <u>Salad Dressing</u> - egg, milk, soy	22 <u>Three Cheese Ziti</u> - egg, milk, wheat Whole Kernel Corn Brussels Sprouts <u>Whole Wheat Bread</u> - wheat Mandarin Oranges	23 Beef Chili w/Beans <u>Country Potatoes</u> - milk, soy Green Beans <u>Unsalted Crackers</u> - wheat, soy Cinnamon Applesauce
26 <u>Salisbury Beef</u> - milk, soy, wheat <u>Mushroom Gravy</u> - milk, soy, whea <u>Whipped Potatoes</u> - milk, soy Spinach <u>Whole Wheat Bread</u> - wheat Pineapple Tidbits	27 Sweet & Sour Pork Jasmine Rice <u>Japanese Vegetables</u> - soy, milk <u>Multi-Grain Bread</u> - wheat, milk, soy Fruit Cocktail <u>Fortune Cookie</u> - Wheat, soy	28 Sliced Turkey Breast Cranberry Sauce Fall Vegetable Hash <u>Green Beans</u> - soy, milk <u>Whole Wheat Bread</u> - wheat Fresh Banana	29 <u>Beef Patty</u> - soy Lettuce & Tomato Garden Vegetables Baked Beans <u>Whole Wheat Hamburger Bun</u> - wheat, soy Fresh Orange	30 <u>Cheese Omelet</u> - milk, egg Black Beans French Green Beans Fiesta Vegetables <u>Multi-Grain Bread</u> - wheat, milk, soy <u>Fluffy Fruit Salad</u> - milk




Indicates Menu with > 1,000 mg sodium

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<p>2</p> <p><u>Meatloaf w/Gravy</u> - egg, milk, soy, wheat <u>Parslied Potatoes</u> - milk, soy <u>Glazed Carrots</u> - milk, soy <u>Multi-Grain Bread</u> - wheat, milk, soy Fresh Orange</p>	<p>3</p> <p><u>Caprese Chicken</u> - milk <u>Garlic & Red Pepper Penne</u> - wheat, soy Green Peas <u>Multi-Grain Bread</u> - wheat, milk, soy <u>Cranapple Crisp</u> - wheat, soy, mill</p>	<p>4</p> <p><u>Beef Taco Meat</u> - wheat Lettuce & Tomato Black Beans Fiesta Vegetables <u>Whole Wheat Tortilla</u> - wheat, soy Apricot Halves</p>	<p>5</p> <p>Lemon Pepper Fish - fish, wheat <u>Parslied Rice</u> - soy California Vegetable Blend <u>Whole Wheat Bread</u> - wheat Fresh Banana <u>Tartar Sauce Packet</u>: soy, egg</p>	<p>6</p> <p>Beef Hot Dog  <u>Ranch Roasted Potatoes</u> - soy, milk <u>Broccoli w/Cheese</u> - soy, milk <u>Whole Wheat Hot Dog Bun</u> - wheat, soy Mandarin Oranges <u>Oatmeal Raisin Cookie</u> - egg, milk, soy, tree nut, wheat</p>
<p>9</p> <p><u>Broccoli & Cheese Bake</u> - egg, milk <u>Zucchini</u> - soy <u>Corn O'Brien</u> - soy <u>Whole Wheat Bread</u> - wheat Fresh Orange</p>	<p>10</p> <p>Baked Chicken Breast <u>Spinach Artichoke Sauce</u> - wheat, milk Tossed Spinach Salad <u>Brown Rice</u> - soy <u>WG Garlic Breadstick</u> - milk, soy, wheat Hot Applesauce <u>Salad Dressing</u> - egg, milk, soy</p>	<p>11</p> <p>Closed Veteran's Day</p>	<p>12</p> <p><u>Roast Beef w/Gravy</u> - milk, soy, wheat <u>Whipped Potatoes</u> - milk, soy Green Beans and Carrots <u>Whole Wheat Bread</u> - wheat Blushing Pears</p>	<p>13</p> <p>Turkey Sausage & Red Beans  Brown Rice Brussels Sprouts <u>Unsalted Crackers</u> - wheat, soy Fresh Orange</p>
<p>16</p> <p><u>Cheesy Potato Soup</u> - milk, soy, wheat <u>Broccoli & Carrots</u> - soy <u>Cherry Crisp</u> - milk, soy <u>Unsalted Crackers</u> - wheat, soy</p>	<p>17</p> <p><u>Beef Au Jus</u> - soy <u>Northern Beans</u> - soy Spinach <u>Multi-Grain Bread</u> - wheat, milk, soy Mandarin Oranges</p>	<p>18</p> <p><u>Potato Crusted Pollock</u> - fish, milk, wheat <u>Macaroni & Cheese</u> - wheat, soy, milk Tuscany Vegetable Blend <u>Multi-Grain Bread</u> - wheat, milk, soy Fresh Banana <u>Tartar Sauce Packet</u>: soy, egg</p>	<p>19</p> <p><u>Whole Grain Breaded Fish</u> - fish, wheat Green Peas <u>Confetti Coleslaw</u> - egg, milk, soy <u>Whole Wheat Hamburger Bun</u> - wheat, soy <u>Hot Peach Slices</u> - soy <u>Tartar Sauce Packet</u>: soy, egg</p>	<p>20</p> <p>Baked Chicken Breast Bruschetta Sauce <u>Rigatoni Pasta</u> - soy Tuscany Vegetable Blend <u>Whole Grain Roll</u> - wheat Fresh Banana</p>
<p>23</p> <p>Chicken Fajitas <u>Black Beans & Rice</u> - soy California Vegetables <u>Whole Grain Tortilla</u> - wheat, soy Blushing Pears <u>Birthday Cake</u> - milk, soy, wheat</p>	<p>24</p> <p><u>Swiss Steak</u> - soy, wheat, fish <u>Buttermilk Potatoes</u> - milk, soy, fish Mixed Vegetables <u>Whole Grain Roll</u> - wheat Fresh Orange</p>	<p>25</p> <p><u>Chicken Tortilla Soup</u> - soy Sliced Carrots Tossed Spinach Salad <u>Cornbread</u> - soy, wheat Hot Pineapple Tidbits <u>Salad Dressing</u> - egg, milk, soy</p>	<p>26</p> <p>Closed Thanksgiving Day</p>	<p>27</p> <p>Closed Thanksgiving Holiday</p>
<p>30</p> <p><u>Salisbury Beef</u> - milk, soy, wheat <u>Mushroom Gravy</u> - milk, soy, wheat <u>Whipped Potatoes</u> - milk, soy Spinach <u>Whole Wheat Bread</u> - wheat Pineapple Tidbits</p>	<p> Indicates Menu with > 1,000 mg sodium</p>			

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	<p>1</p> <p>Sweet & Sour Pork Jasmine Rice Japanese Vegetables - soy, milk Multi-Grain Bread - wheat, milk, soy Fruit Cocktail Fortune Cookie - Wheat, soy</p>	<p>2</p> <p>Sliced Turkey Breast w/Gravy - soy, wheat Cornbread Dressing - wheat, egg, soy, milk Roasted Sweet Potatoes - soy  Green Bean Casserole - milk, wheat, soy Fresh Orange Pumpkin Cake - milk, egg, wheat, soy</p>	<p>3</p> <p>Three Cheese Ziti - egg, milk, wheat Whole Kernel Corn Brussels Sprouts Whole Wheat Bread - wheat Mandarin Oranges</p>	<p>4</p> <p>Beef Chili w/Beans Country Potatoes - milk, soy Green Beans Unsalted Crackers - wheat, soy Cinnamon Applesauce</p>
<p>7</p> <p>Meatloaf w/Gravy - egg, milk, soy, wheat Parslied Potatoes - milk, soy Glazed Carrots - milk, soy Multi-Grain Bread - wheat, milk, soy Fresh Orange</p>	<p>8</p> <p>Caprese Chicken - milk Garlic & Red Pepper Penne - wheat, soy Green Peas Multi-Grain Bread - wheat, milk, soy Cranapple Crisp - wheat, soy, milk</p>	<p>9</p> <p>Beef Taco Meat - wheat Lettuce & Tomato Black Beans Fiesta Vegetables Whole Wheat Tortilla - wheat, soy Apricot Halves</p>	<p>10</p> <p>Lemon Pepper Fish - fish, wheat Parslied Rice - soy California Vegetable Blend Whole Wheat Bread - wheat Fresh Banana Tartar Sauce Packet: soy, egg</p>	<p>11</p> <p>Beef Barley Soup - wheat Winter Vegetables Country Style Sweet Potatoes - soy Whole Grain Saltine Crackers - wheat, soy Pineapple Tidbits</p>
<p>14</p> <p>Broccoli & Cheese Bake - egg, milk Zucchini - soy Corn O'Brien - soy Whole Wheat Bread - wheat Fresh Orange</p>	<p>15</p> <p>Baked Chicken Breast Spinach Artichoke Sauce - wheat, milk Tossed Spinach Salad Brown Rice - soy WG Garlic Breadstick - milk, soy, wheat Hot Applesauce Salad Dressing - egg, milk, soy</p>	<p>16</p> <p>Potato Crusted Pollock - fish, milk, wheat Macaroni & Cheese - wheat, soy, milk Tuscany Vegetable Blend Multi-Grain Bread - wheat, milk, soy Fresh Banana Tartar Sauce Packet: soy, egg</p>	<p>17</p> <p>Roast Beef w/Gravy - milk, soy, wheat Whipped Potatoes - milk, soy Green Beans and Carrots Whole Wheat Bread - wheat Blushing Pears</p>	<p>18</p> <p>Turkey Sausage & Red Beans  Brown Rice Brussels Sprouts Unsalted Crackers - wheat, soy Fresh Orange</p>
<p>21</p> <p>Cheesy Potato Soup - milk, soy, wheat Broccoli & Carrots - soy Cherry Crisp - milk, soy Unsalted Crackers - wheat, soy</p>	<p>22</p> <p>Beef Au Jus - soy Northern Beans - soy Spinach Multi-Grain Bread - wheat, milk, soy Mandarin Oranges</p>	<p>23</p> <p>Chicken Pot Pie - soy, wheat, milk Green Beans w/Red Peppers Mixed Green Salad Unsalted Crackers - wheat, soy Hot Rosy Applesauce Salad Dressing - egg, milk, soy</p>	<p>24</p> <p>Closed Christmas Eve</p>	<p>25</p> <p>Closed Christmas Day</p>
<p>28</p> <p>Chicken Fajitas Black Beans & Rice - soy California Vegetables Whole Grain Tortilla - wheat, soy Blushing Pears</p>	<p>29</p> <p>Swiss Steak - soy, wheat, fish Buttermilk Potatoes - milk, soy, fish Mixed Vegetables Whole Grain Roll - wheat Fresh Orange</p>	<p>30</p> <p>Sliced Roast Beef w/Gravy - milk, wheat Whipped Potatoes - milk, soy Green Beans Amandine - nut Whole Wheat Bread - wheat Cranapplesauce</p>	<p>31</p> <p>Whole Grain Breaded Fish - fish, wheat Green Peas Confetti Coleslaw - egg, milk, soy Whole Wheat Hamburger Bun - wheat, soy Hot Peach Slices - soy Tartar Sauce Packet: soy, egg</p>	<p> Indicates Menu with ≥ 1,000 mg sodium</p>