



PLEASE CALL (707) 425-0638 OR 1-800-788-5114 FOR RESERVATIONS OR CANCELLATIONS 48 HOURS IN ADVANCE • www.mealsonwheelssolano.org

<p><b>30</b> <u>Cheesy Potato Soup</u> - milk, soy, wheat <u>Cinnamon Butternut Squash</u> - soy Garden Vegetables <u>Unsalted Crackers</u> - wheat, soy Diced Apples</p>	<p><b>1</b> Pork Roast <u>Red-Eyed Gravy</u> - soy <u>Northern Beans</u> - soy Garlic Spinach - soy <u>Multi-Grain Bread</u> - wheat, milk, soy Fresh Orange</p>	<p><b>2</b> <u>Chicken Pot Pie</u> - soy, wheat, milk Green Beans Mixed Green Salad <u>Whole Wheat Bread</u> - wheat Hot Mixed Fruit <u>Salad Dressing</u> - egg, milk, soy</p>	<p><b>3</b> <u>Whole Grain Breaded Fish</u> - fish, wheat Whole Kernel Corn <u>Coleslaw</u> - egg, soy <u>Whole Wheat Hamburger Bun</u> - wheat, soy <u>Peach Crisp</u> - soy, milk, wheat <u>Tartar Sauce Packet</u>: soy, egg</p>	<p><b>4</b> Baked Chicken Breast <u>Mediterranean Sauce</u> - milk <u>Rigatoni Pasta</u> - soy Tuscany Vegetable Blend <u>Whole Grain Roll</u> - wheat Fresh Banana</p>
<p><b>7</b> <u>Lasagna Casserole</u> - milk, wheat Yellow Squash Mixed Vegetables <u>WG Garlic Breadstick</u> - milk, soy, wheat Fresh Orange</p>	<p><b>8</b> <u>Stuffed Salmon</u> - fish, wheat, soy, milk, egg <u>Dill Sauce</u> - soy, wheat Brown Rice California Vegetables <u>Multi-Grain Bread</u> - wheat, milk, soy Fresh Apple</p>	<p><b>9</b> Sliced Turkey Breast Cranberry Sauce Fall Vegetable Hash <u>Green Beans</u> - soy, milk <u>Whole Grain Roll</u> - wheat Fresh Banana</p>	<p><b>10</b> <u>Cajun Chicken &amp; Sausage Pasta</u> - wheat, soy Whole Kernel Corn Brussels Sprouts <u>Whole Wheat Bread</u> - wheat Mandarin Oranges</p>	<p><b>11</b> Beef Chili w/Beans Baked Potato Mixed Green Salad <u>Unsalted Crackers</u> - wheat, soy Apple Raisin Compote <u>Salad Dressing</u> - egg, milk, soy <u>Sour Cream</u> - milk</p>
<p><b>14</b> <u>Cheese Omelet w/Salsa</u> - milk, egg <u>Shredded Cheese</u> - milk Fiesta Vegetables <u>Spinach</u> - soy <u>Whole Wheat Tortilla</u> - wheat, soy Fresh Apple</p>	<p><b>15</b> <u>Salisbury Beef</u> - milk, soy, wheat <u>Mushroom Sauce</u> - milk, soy, wheat <u>Whipped Potatoes</u> - milk, soy French Green Beans <u>Whole Wheat Bread</u> - wheat Fresh Banana</p>	<p><b>16</b> <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><b>17</b> <u>Beef Patty</u> - soy Lettuce &amp; Tomato Garden Vegetables Baked Beans <u>Whole Wheat Hamburger Bun</u> - wheat, soy Fresh Orange</p>	<p><b>18</b> Sweet &amp; Sour Pork over Jasmine Rice <u>Japanese Vegetables</u> - soy, milk Mixed Green Salad w/Dressing <u>Whole Wheat Bread</u> - wheat <u>Hot Diced Peaches</u> - soy</p>
<p><b>21</b> <u>Meatloaf w/Gravy</u> - egg, milk, soy, wheat <u>Country Potatoes</u> - milk, soy Sliced Carrots <u>Multi-Grain Bread</u> - wheat, milk, soy Diced Pears <u>Birthday Cake</u> - milk, soy, wheat </p>	<p><b>22</b> Bruschetta Chicken - milk <u>Garlic &amp; Red Pepper Penne</u> - wheat, soy Spinach <u>Multi-Grain Bread</u> - wheat, milk, soy <u>Apple Crisp</u> - wheat, soy, milk</p>	<p><b>23</b> <u>Beef Taco Meat</u> - wheat Lettuce &amp; Tomato <u>O'Brien Potatoes</u> - soy, milk Fiesta Vegetables <u>Whole Wheat Tortilla</u> - wheat, soy Citrus Fruit</p>	<p><b>24</b> Lemon Pepper Fish - fish, wheat Parslied Rice - soy California Vegetable Blend <u>Whole Wheat Bread</u> - wheat Fresh Banana <u>Tartar Sauce Packet</u>: soy, egg</p>	<p><b>25</b> Smoked Sausage  <u>Red Beans and Rice</u> - soy <u>Brussels Sprouts</u> - milk, soy <u>Whole Wheat Hot Dog Bun</u> - wheat, soy Fresh Orange</p>
<p><b>28</b> <u>Vegetarian Enchilada Casserole</u> - soy, milk <u>Zucchini</u> - soy <u>Corn O'Brien</u> - soy <u>Whole Wheat Bread</u> - wheat Fresh Orange</p>	<p><b>29</b> <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 Fresh Apple</p>	<p><b>30</b> <u>Potato Crusted Pollock</u> - fish, milk, wheat <u>Macaroni &amp; 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><b>31</b> <u>Halloween Meal</u>  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>	

Milk is served with every meal. Allergen in milk is milk.

 Menu with > 1,000 mg sodium