

September 2019

Home Delivered Allergy Menu



MEALS on WHEELS SOLANO COUNTY

Suggested Contribution

\$4.00 per meal

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Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Closed for Labor Day	<p>Lemon Pepper Fish: fish, wheat</p> <p>Rice Florentine</p> <p>Brussels Sprouts w/Cheese Sauce: milk, soy</p> <p>Whole Wheat Bread: wheat</p> <p>Fresh Banana</p>	<p>Beef Spaghetti Bake: soy, wheat, milk</p> <p>Herbed Green Peas</p> <p>Mixed Green Salad</p> <p>WG Garlic Breadstick: milk, soy, wheat</p> <p>Hot Mixed Fruit</p> <p>Salad Dressing: egg, milk, soy</p>	<p>Pork Roast</p> <p>Sesame Mustard Sauce: soy</p> <p>Fried Rice: soy, egg</p> <p>Japanese Vegetables: soy</p> <p>Multi-Grain Bread: wheat, milk, soy</p> <p>Fresh Plum</p>	<p>Beef Patty: soy</p> <p>Sliced Cheese: milk</p> <p>Lettuce and Tomato</p> <p>Tater Tots</p> <p>Coleslaw: egg, soy</p> <p>WW Hamburger Bun: wheat, soy</p> <p>Apple Crisp: milk, soy, wheat</p> <p>Mayonnaise Packet: egg, soy</p>
9	10	11	12	13
<p>Vegetarian Enchilada Bake: soy, milk</p> <p>Brown Rice and Beans</p> <p>California Vegetables</p> <p>Whole Wheat Bread: wheat</p> <p>Applesauce</p>	<p>Mu Shu Pork: soy</p> <p>Confetti Rice</p> <p>Broccoli</p> <p>Multi-Grain Bread: wheat, milk, soy</p> <p>Fresh Orange</p> <p>Fortune Cookie: wheat, soy</p>	<p>Roast Beef w/Gravy: milk, soy, wheat</p> <p>Country Potatoes: milk, soy</p> <p>Sliced Carrots</p> <p>Whole Wheat Bread: wheat</p> <p>Fresh Banana</p>	<p>Baked BBQ Chicken Breast</p> <p>Baked Beans</p> <p>Corn Salad: soy, egg</p> <p>Whole Wheat Bread: wheat</p> <p>Cranapple Crisp: soy, milk</p>	<p>Charbroiled Beef w/Gravy and Peppers: milk, soy, wheat</p> <p>Oven Roasted Sweet Potatoes: soy</p> <p>Garden Vegetables</p> <p>Multi-Grain Bread: wheat, milk, soy</p> <p>Fresh Apple</p>
16	17	18	19	20
<p>Stuffed Salmon w/Sauce: fish, wheat, soy, milk</p> <p>Rice Pilaf - soy, milk</p> <p>Spinach Salad</p> <p>Whole Wheat Bread: wheat</p> <p>Hot Mixed Fruit: soy</p> <p>Salad Dressing: egg, milk, soy</p>	<p>Meatloaf with Gravy: egg, milk, soy, wheat</p> <p>Whipped Potatoes: milk, soy</p> <p>Mixed Vegetables</p> <p>Multi-Grain Bread: wheat, milk, soy</p> <p>Fresh Banana</p>	<p>Chicken Tortilla Soup: soy</p> <p>Mexican Rice: soy</p> <p>Mixed Greens</p> <p>Whole Wheat Bread: wheat</p> <p>Fluffy Fruit Salad: milk</p>	<p>Hamburger Patty: soy</p> <p>Lettuce and Tomato</p> <p>Chuckwagon Corn</p> <p>Green Beans: soy, milk</p> <p>WW Hamburger Bun: wheat, soy</p> <p>Mandarin Oranges</p> <p>Mayonnaise Packet: egg, soy</p>	<p>Pork Chile Verde: soy</p> <p>Spanish Rice</p> <p>Black Beans</p> <p>Whole Wheat Tortilla: wheat, soy</p> <p>Fresh Orange</p>
23	24	25	26	27
<p>Cheese Omelet w/Salsa: milk, egg</p> <p>Shredded Cheese: milk</p> <p>O'Brien Potatoes: soy</p> <p>Fiesta Vegetable Blend</p> <p>Whole Wheat Tortilla: wheat, soy</p> <p>Peach/Pineapple/Pears</p>	<p>BBQ Pork Rib Patty: soy</p> <p>Pinto Beans: soy</p> <p>Carrot Slaw: soy, egg</p> <p>WW Hamburger Bun: wheat, soy</p> <p>Hot Spiced Peaches: soy</p>	<p>Harvest Chicken Salad: nuts, milk</p> <p>WG Saltine Crackers: wheat, soy</p> <p>Fresh Orange</p> <p>Salad Dressing: egg, milk, soy</p>	<p>Swiss Steak: milk, soy, wheat</p> <p>Garlic Whipped Potatoes: milk, soy</p> <p>Sliced Carrots</p> <p>Whole Wheat Bread: wheat</p> <p>Watermelon</p>	<p>Chicken Gumbo: soy</p> <p>Parslied Rice: soy</p> <p>Broccoli: soy, milk</p> <p>Cornbread: soy, wheat</p> <p>Fresh Apple</p>

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