

**July 2024**  
**Lunch Allergy Menu**



**Suggested Contribution**  
**\$4.00 per meal**

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>1</b></p> <p><u>Tandoori Chicken Meatballs:</u> milk, soy, wheat</p> <p><u>Brown Rice:</u> milk, soy</p> <p><u>Capri Vegetables:</u> milk, soy</p> <p>Applesauce</p>	<p><b>2</b></p> <p><u>Herb Crusted Pork:</u> soy</p> <p><u>Whipped Potatoes:</u> milk, soy</p> <p>Mixed Vegetables</p> <p><u>Whole Grain Roll:</u> wheat, soy</p> <p>Fresh Apple</p>	<p><b>3</b></p> <p><i>Independence Day Meal</i></p> <p><u>Sausage w/Onions &amp; Pepp</u></p> <p><u>Tater Tots:</u> soy</p> <p>Spinach Salad</p> <p><u>WW Hot Dog Bun:</u> wheat</p> <p>Fresh Orange</p> <p><u>Carnival Cookie:</u> eggs, milk, soy, wheat</p>	<p><b>4</b></p> <p><i>Closed for Holiday</i></p>	<p><b>5</b></p> <p><u>Ground Meat Taco:</u> wheat</p> <p><u>Whole Wheat Tortilla:</u> wheat</p> <p>Pinto Beans</p> <p>Broccoli &amp; Cauliflower</p> <p><u>Whole Wheat Tortilla:</u> wheat</p> <p>Fresh Pear</p>	<p><b>6</b></p> <p>Greek Chicken Souvlaki</p> <p><u>Scalloped Tomatoes:</u> fish, wheat</p> <p><u>Cucumber Salad:</u> soy</p> <p>Brown Rice Florentine</p> <p>Applesauce</p>	<p><b>7</b></p> <p><u>Beef Tips w/Gravy:</u> milk, soy</p> <p><u>Whipped Potatoes:</u> milk</p> <p>Spinach</p> <p><u>Wheat Bread:</u> wheat, soy</p> <p>Fresh Pear</p> <p><u>Margarine:</u> soy</p>
<p><b>8</b></p> <p><u>Omelet with Black Beans:</u> eggs, milk</p> <p>O'Brien Potatoes</p> <p><u>Whole Wheat Bread:</u> soy, wheat</p> <p>Mixed Fruit</p> <p>Grape Jelly</p>	<p><b>9</b></p> <p><u>Chicken Fried Rice:</u> eggs, gluten, soy, wheat</p> <p><u>Whole Kernel Corn:</u> milk, soy</p> <p><u>Asian Green Beans:</u> gluten, soy, wheat</p> <p>Fresh Orange</p> <p><u>Fortune Cookie:</u> soy, wheat</p>	<p><b>10</b></p> <p><u>Pizza Casserole:</u> milk, wheat</p> <p><u>Broccoli:</u> milk, soy</p> <p>Spinach Salad</p> <p>Pineapple Tidbits</p> <p><u>Ranch Salad Dressing:</u> eggs, milk</p>	<p><b>11</b></p> <p><u>Thai Chicken Satay:</u> gluten, wheat, soy</p> <p><u>Brown Rice:</u> milk, soy</p> <p>Green Peas</p> <p><u>California Vegetables:</u> milk, soy</p> <p>Fresh Pear</p>	<p><b>12</b></p> <p>Cuban Pork</p> <p>Brussel Sprouts w/Potatoes</p> <p>Plantains</p> <p><u>WG Hamburger Bun:</u> wheat</p> <p>Mustard</p>	<p><b>13</b></p> <p><u>Grilled Salmon:</u> fish</p> <p><u>Red Roasted Potatoes:</u> soy</p> <p><u>California Vegetables:</u> milk, soy</p> <p><u>WW Dinner Roll:</u> wheat, soy</p> <p>Fresh Pear</p> <p><u>Margarine:</u> soy</p>	<p><b>14</b></p> <p><u>Stuffed Pepper:</u> soy, wheat, egg</p> <p>Brussels Sprouts</p> <p>Carrots</p> <p><u>WW Dinner Roll:</u> wheat, soy</p> <p>Cantaloupe</p>
<p><b>15</b></p> <p><u>Meatloaf w/Gravy:</u> milk, soy, wheat</p> <p><u>Brown Gravy:</u> milk, soy</p> <p><u>Whipped Potatoes:</u> milk</p> <p><u>Carrots:</u> milk, soy</p> <p><u>Whole Wheat Roll:</u> wheat, soy</p> <p>Fresh Apple</p>	<p><b>16</b></p> <p><u>Turkey &amp; Beef Stroganoff:</u> fish, milk, wheat, soy</p> <p><u>WG Penne Pasta:</u> wheat</p> <p><u>Whole Kernel Corn:</u> milk, soy</p> <p><u>Broccoli:</u> milk, soy</p> <p>Fresh Pear</p>	<p><b>17</b></p> <p>Chicken Fajitas</p> <p><u>Black Beans w/Rice:</u> soy, wheat</p> <p>Tossed Salad</p> <p>WG Corn Tortilla Chips</p> <p>Fresh Orange</p> <p>Taco Sauce</p>	<p><b>18</b></p> <p><u>Salisbury Steak:</u> soy</p> <p><u>Steakhouse Sauce:</u> milk, soy, wheat</p> <p>Yams</p> <p><u>Whole Wheat Bread:</u> soy, wheat</p> <p>Applesauce</p>	<p><b>19</b></p> <p><u>WG Macaroni &amp; Cheese:</u> milk, soy, wheat</p> <p>Collard Greens</p> <p>Fresh Apple</p>	<p><b>20</b></p> <p><u>Baked Cod:</u> fish</p> <p><u>Roasted Red Pepper Sauce:</u> milk, soy</p> <p><u>Green Beans:</u> milk, soy</p> <p><u>Whole Kernel Corn:</u> milk, soy</p> <p><u>WW Dinner Roll:</u> wheat, soy</p> <p>Fresh Apple</p> <p><u>Margarine:</u> soy</p>	<p><b>21</b></p> <p>Baked Chicken Breast</p> <p><u>Cordon Bleu Sauce:</u> milk</p> <p><u>WG Penne Pasta:</u> wheat, soy</p> <p><u>Green Peas w/Mushrooms:</u> milk, soy</p> <p><u>Carrots:</u> milk, soy</p> <p>Fresh Orange</p>
<p><b>22</b></p> <p><u>Creamy Chicken Marsala:</u> milk, soy, wheat</p> <p><u>Broccoli:</u> milk, soy</p> <p><u>WG Penne Pasta:</u> wheat</p> <p>Fresh Pear</p> <p><u>Chocolate Chip Cookie:</u> eggs, milk, soy, wheat</p>	<p><b>23</b></p> <p><u>Smothered Meatballs:</u> milk, soy, wheat</p> <p><u>Garlic Whipped Potatoes:</u> milk</p> <p>Mix Vegetable Blend</p> <p><u>Whole Wheat Roll:</u> wheat, soy</p> <p>Pineapple Tidbits</p>	<p><b>24</b></p> <p><u>Lemon Pepper Tuna:</u> fish, egg, soy</p> <p>Spinach Salad</p> <p><u>Whole Wheat Bread:</u> soy, wheat</p> <p>Tropical Fruit</p> <p><u>Ranch Salad Dressing:</u> eggs, milk</p>	<p><b>25</b></p> <p><u>Chicken A La King:</u> milk, soy, wheat</p> <p>Brown Rice</p> <p><u>Whole Kernel Corn:</u> milk, soy</p> <p><u>Cabbage w/Carrots:</u> milk, soy</p> <p>Fresh Pear</p>	<p><b>26</b></p> <p><u>BBQ Pork Rib Patty:</u> soy</p> <p><u>Parslied Potatoes:</u> milk, soy</p> <p>Green Beans</p> <p><u>WG Hamburger Bun:</u> wheat</p> <p>Fresh Apple</p>	<p><b>27</b></p>	<p><b>28</b></p>
<p><b>29</b></p> <p><u>Chile Relleno Cass:</u> egg, milk, wheat</p> <p><u>Fiesta Vegetables:</u> milk, soy</p> <p>WG Corn Tortilla</p> <p>Fresh Apple</p>	<p><b>30</b></p> <p><u>Chicken Cacciatore:</u> milk, wheat</p> <p><u>WG Penne Pasta:</u> wheat</p> <p>Green Peas</p> <p>Country Vegetables</p> <p>Fresh Orange</p>	<p><b>31</b></p> <p><u>Yogurt Dill Chicken Salad:</u> egg, milk, soy</p> <p><u>Carrot Raisin Salad:</u> egg, soy</p> <p><u>Whole Wheat Bread:</u> soy, wheat</p> <p>Tropical Fruit</p>	<p>This kitchen uses the following products in meal preparation: tree nuts, sesame, peanuts, soy, eggs, milk, fish, shellfish, wheat, and other products containing gluten. We cannot guarantee that menu items are free of allergens because we use shared equipment and handle common allergens throughout the supply chain.</p>			<p> Indicates Menu with ≥ 1,000 mg sodium</p>

**August 2024**  
**Lunch Allergy Menu**



**Suggested Contribution**  
**\$4.00 per meal**

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>This kitchen uses the following products in meal preparation: tree nuts, sesame, peanuts, soy, eggs, milk, fish, shellfish, wheat, and other products containing gluten. We cannot guarantee that menu items are free of allergens because we use shared equipment and handle common allergens throughout the supply chain.</p> <p>Indicates Menu with <math>\geq</math> 1,000 mg sodium </p>				
<p><b>5</b></p> <p><u>Tandoori Chicken Meatballs</u>: milk, soy, wheat <u>Brown Rice</u>: milk, soy <u>Capri Vegetables</u>: milk, soy Applesauce</p>	<p><b>6</b></p> <p><u>Herb Crusted Pork</u>: soy <u>Whipped Potatoes</u>: milk, soy Mixed Vegetables <u>Whole Grain Roll</u>: wheat, soy Fresh Apple</p>	<p><b>7</b></p> <p><u>Chef Salad</u>: eggs, milk  <u>California Salad</u>: soy <u>Whole Wheat Roll</u>: wheat, soy Fresh Pear <u>Italian Dressing</u>: soy</p>	<p><b>8</b></p> <p><u>Beef Patty</u>: soy Shredded Lettuce <u>Potato Wedges</u>: wheat, soy Broccoli <u>WG Hamburger Bun</u>: wheat Fresh Pear Ketchup</p>	<p><b>2</b></p> <p><u>Krab Cake</u>: eggs, fish, milk, shellfish, wheat <u>Lemon Caper Sauce</u>: milk, soy, wheat <u>Brown Rice</u>: milk, soy <u>Whole Kernel Corn</u>: milk, soy Spinach Salad <u>Italian Dressing</u>: soy</p>
<p><b>12</b></p> <p><u>Omelet with Black Beans</u>: eggs, milk O'Brien Potatoes <u>Whole Wheat Bread</u>: soy, wheat Mixed Fruit Grape Jelly</p>	<p><b>13</b></p> <p><u>Chicken Fried Rice</u>: eggs, gluten, soy, wheat <u>Whole Kernel Corn</u>: milk, soy <u>Asian Green Beans</u>: gluten, soy, wheat Fresh Orange <u>Fortune Cookie</u>: soy, wheat</p>	<p><b>14</b></p> <p><u>Pizza Casserole</u>: milk, wheat <u>Broccoli</u>: milk, soy Spinach Salad Pineapple Tidbits <u>Ranch Salad Dressing</u>: eggs, milk</p>	<p><b>15</b></p> <p><u>Potato Crusted Pollock</u>: eggs, fish, wheat <u>Dill Sauce</u>: milk, soy, wheat Corn/Limas/Carrots <u>Brown Rice Pilaf</u>: milk, soy Fresh Orange</p>	<p><b>9</b></p> <p><u>Ground Meat Taco</u>: wheat <u>Whole Wheat Tortilla</u>: wheat Pinto Beans Broccoli &amp; Cauliflower <u>Whole Wheat Tortilla</u>: wheat Fresh Pear</p>
<p><b>19</b></p> <p><u>Meatloaf w/Gravy</u>: milk, soy, wheat <u>Brown Gravy</u>: milk, soy <u>Whipped Potatoes</u>: milk <u>Carrots</u>: milk, soy <u>Whole Wheat Roll</u>: wheat, soy Fresh Apple</p>	<p><b>20</b></p> <p><u>Turkey &amp; Beef Stroganoff</u>: fish, milk, wheat, soy <u>WG Penne Pasta</u>: wheat <u>Whole Kernel Corn</u>: milk, soy <u>Broccoli</u>: milk, soy Fresh Pear</p>	<p><b>21</b></p> <p>Chicken Fajitas <u>Black Beans w/Rice</u>: soy, wheat Tossed Salad WG Corn Tortilla Chips Fresh Orange Taco Sauce</p>	<p><b>22</b></p> <p><u>Salisbury Steak</u>: soy <u>Steakhouse Sauce</u>: milk, soy, wheat Yams <u>Whole Wheat Bread</u>: soy, wheat Applesauce</p>	<p><b>23</b></p> <p><u>WG Macaroni &amp; Cheese</u>: milk, soy, wheat Collard Greens Fresh Apple</p>
<p><b>26</b></p> <p><u>Creamy Chicken Marsala</u>: milk, soy, wheat <u>Broccoli</u>: milk, soy <u>WG Penne Pasta</u>: wheat Fresh Pear <u>Chocolate Chip Cookie</u>: eggs, milk, soy, wheat</p>	<p><b>27</b></p> <p><u>Smothered Meatballs</u>: milk, soy, wheat <u>Garlic Whipped Potatoes</u>: milk Mix Vegetable Blend <u>Whole Wheat Roll</u>: wheat, soy Pineapple Tidbits</p>	<p><b>28</b></p> <p><u>Lemon Pepper Tuna</u>: fish, egg, soy Spinach Salad <u>Whole Wheat Bread</u>: soy, wheat Tropical Fruit <u>Ranch Salad Dressing</u>: eggs, milk</p>	<p><b>29</b></p> <p><u>Chicken A La King</u>: milk, soy, wheat Brown Rice <u>Whole Kernel Corn</u>: milk, soy <u>Cabbage w/Carrots</u>: milk, soy Fresh Pear</p>	<p><b>Labor Day Meal 30</b></p> <p><u>BBQ Pork Rib Patty</u>: soy Green Peas  <u>Coleslaw</u>: eggs, soy <u>WG Hamburger Bun</u>: wheat <u>Apple Cobbler</u>: gluten, milk, soy, wheat</p>



September 2024  
Lunch 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
<i>Closed for Holiday</i>	<p><u>Chicken Cacciatore</u>: milk, wheat  <u>WG Penne Pasta</u>: wheat                      Green Peas                      Country Vegetables                      Fresh Orange</p>	<p><u>Yogurt Dill Chicken Salad</u>: egg, milk, soy  <u>Carrot Raisin Salad</u>: egg, soy  <u>Whole Wheat Bread</u>: soy, wheat                      Tropical Fruit</p>	<p><u>Beef Patty</u>: soy                      Shredded Lettuce  <u>Potato Wedges</u>: wheat, soy                      Broccoli  <u>WG Hamburger Bun</u>: wheat                      Fresh Pear                      Ketchup</p>	<p><u>Krab Cake</u>: eggs, fish, milk, shellfish, wheat  <u>Lemon Caper Sauce</u>: milk, soy, wheat  <u>Brown Rice</u>: milk, soy  <u>Whole Kernel Corn</u>: milk, soy                      Spinach Salad  <u>Italian Dressing</u>: soy</p>
9	10	11	12	13
<p><u>Tandoori Chicken Meatballs</u>: milk, soy, wheat  <u>Brown Rice</u>: milk, soy  <u>Capri Vegetables</u>: milk, soy                      Applesauce</p>	<p><u>Herb Crusted Pork</u>: soy  <u>Whipped Potatoes</u>: milk, soy                      Mixed Vegetables  <u>Whole Grain Roll</u>: wheat, soy                      Fresh Apple</p>	<p><u>Chef Salad</u>: eggs, milk    <u>California Salad</u>: soy  <u>Whole Wheat Roll</u>: wheat, soy                      Fresh Pear  <u>Italian Dressing</u>: soy</p>	<p><u>Potato Crusted Pollock</u>: eggs, fish, wheat  <u>Dill Sauce</u>: milk, soy, wheat                      Corn/Limas/Carrots  <u>Brown Rice Pilaf</u>: milk, soy                      Fresh Orange</p>	<p><u>Ground Meat Taco</u>: wheat  <u>Whole Wheat Tortilla</u>: wheat                      Pinto Beans                      Broccoli &amp; Cauliflower  <u>Whole Wheat Tortilla</u>: wheat                      Fresh Pear</p>
16	17	18	19	20
<p><u>Omelet with Black Beans</u>: eggs, milk                      O'Brien Potatoes  <u>Whole Wheat Bread</u>: soy, wheat                      Mixed Fruit                      Grape Jelly</p>	<p><u>Chicken Fried Rice</u>: eggs, gluten, soy, wheat  <u>Whole Kernel Corn</u>: milk, soy  <u>Asian Green Beans</u>: gluten, soy, wheat                      Fresh Orange  <u>Fortune Cookie</u>: soy, wheat</p>	<p><u>Pizza Casserole</u>: milk, wheat  <u>Broccoli</u>: milk, soy                      Spinach Salad                      Pineapple Tidbits  <u>Ranch Salad Dressing</u>: eggs, milk</p>	<p><u>Thai Chicken Satay</u>: gluten, wheat, soy  <u>Brown Rice</u>: milk, soy                      Green Peas  <u>California Vegetables</u>: milk, soy                      Fresh Pear</p>	<p>Cuban Pork                      Brussel Sprouts w/Potatoes                      Plantains  <u>WG Hamburger Bun</u>: wheat                      Mustard</p>
23	24	25	26	27
<p><u>Meatloaf w/Gravy</u>: milk, soy, wheat  <u>Brown Gravy</u>: milk, soy  <u>Whipped Potatoes</u>: milk  <u>Carrots</u>: milk, soy  <u>Whole Wheat Roll</u>: wheat, soy                      Fresh Apple</p>	<p><u>Turkey &amp; Beef Stroganoff</u>: fish, milk, wheat, soy  <u>WG Penne Pasta</u>: wheat  <u>Whole Kernel Corn</u>: milk, soy  <u>Broccoli</u>: milk, soy                      Fresh Pear</p>	<p>Chicken Fajitas  <u>Black Beans w/Rice</u>: soy, wheat                      Tossed Salad                      WG Corn Tortilla Chips                      Fresh Orange                      Taco Sauce</p>	<p><u>Salisbury Steak</u>: soy  <u>Steakhouse Sauce</u>: milk, soy, wheat                      Yams  <u>Whole Wheat Bread</u>: soy, wheat                      Applesauce</p>	<p><u>WG Macaroni &amp; Cheese</u>: milk, soy, wheat                      Collard Greens                      Fresh Apple</p>
30				
<p><u>Creamy Chicken Marsala</u>: milk, soy, wheat  <u>Broccoli</u>: milk, soy  <u>WG Penne Pasta</u>: wheat                      Fresh Pear  <u>Chocolate Chip Cookie</u>: eggs, milk, soy, wheat</p>	<p>This kitchen uses the following products in meal preparation: tree nuts, sesame, peanuts, soy, eggs, milk, fish, shellfish, wheat, and other products containing gluten. We cannot guarantee that menu items are free of allergens because we use shared equipment and handle common allergens throughout the supply chain.</p>			

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