

July 2024

Vegetarian Allergy Menu



MEALS on WHEELS SOLANO COUNTY

Suggested Contribution

\$4.00 per meal

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Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3 <i>Independence Day Meal</i>	4	5
<p>Plant-Based Meatballs: soy, wheat Brown Rice: milk, soy Capri Vegetables: milk, soy Applesauce</p>	<p>Plant-Based Meatballs: soy, wheat Vegetarian Au Jus Gravy Whipped Potatoes: milk, soy Mixed Vegetables Whole Grain Roll: wheat, soy Fresh Apple</p>	<p>BOCA Burger: gluten, soy, wheat Tater Tots: soy Spinach Salad WW Hot Dog Bun: wheat Fresh Orange Carnival Cookie: eggs, milk, soy, wheat</p>	<p><i>Closed for Holiday</i></p>	<p>Baked Tofu: soy Baja Sauce: wheat Pinto Beans Broccoli & Cauliflower Whole Wheat Tortilla: wheat Fresh Pear</p>
8	9	10	11	12
<p>Omelet with Black Beans: eggs, milk O'Brien Potatoes Whole Wheat Bread: soy, wheat Mixed Fruit Grape Jelly</p>	<p>Tofu Fried Rice: egg, gluten, soy, wheat Whole Kernel Corn: milk, soy Asian Green Beans: gluten, soy, wheat Fresh Orange Fortune Cookie: soy, wheat</p>	<p>WG Cheesy Pasta Bake: milk, wheat Broccoli: milk, soy Spinach Salad Pineapple Tidbits Ranch Salad Dressing: eggs, milk</p>	<p>Thai Tofu Satay: gluten, wheat, soy Brown Rice: milk, soy Green Peas California Vegetables: milk, soy Fresh Pear</p>	<p>Garden (Pea) Burger Brussel Sprouts w/Potatoes Plantains WG Hamburger Bun: wheat Mustard</p>
15	16	17	18	19
<p>Plant-Based Meatballs: soy, wheat Vegetarian Au Jus Gravy Whipped Potatoes: milk Carrots: milk, soy Whole Wheat Roll: wheat, soy Fresh Apple</p>	<p>Kofta Plant-Based Meatballs: milk, soy, wheat WG Penne Pasta: wheat Whole Kernel Corn: milk, soy Broccoli: milk, soy Fresh Pear</p>	<p>Tofu Fajitas: soy Black Beans w/Rice: soy, wheat Tossed Salad WG Corn Tortilla Chips Fresh Orange Taco Sauce</p>	<p>Garden (Pea) Burger Vegetarian Au Jus Gravy Yams Whole Wheat Bread: soy, wheat Applesauce</p>	<p>WG Macaroni & Cheese: milk, soy, wheat Collard Greens Fresh Apple</p>
22	23	24	25	26
<p>WG Three Cheese Ziti: egg, milk, wheat Broccoli: milk, soy WG Penne Pasta: wheat Fresh Pear Chocolate Chip Cookie: eggs, milk, soy, wheat</p>	<p>Plant-Based Meatballs: soy, wheat Vegetarian Au Jus Gravy Garlic Whipped Potatoes: milk Mix Vegetable Blend Whole Wheat Roll: wheat, soy Pineapple Tidbits</p>	<p>Egg Salad: egg, soy Spinach Salad Whole Wheat Bread: soy, wheat Tropical Fruit Ranch Salad Dressing: eggs, milk</p>	<p>Baked Tofu: soy Bruschetta Sauce Brown Rice Whole Kernel Corn: milk, soy Cabbage w/Carrots: milk, soy Fresh Pear</p>	<p>WG Bean & Cheese Burrito: milk, soy, wheat Parslied Potatoes: milk, soy Green Beans WG Hamburger Bun: wheat Fresh Apple</p>
29	30	31	<p> Indicates Menu with ≥ 1,000 mg sodium</p> <div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>Milk is served with every meal. Allergen in milk is milk.</p> </div>	
<p>Chile Relleno Cass: egg, milk, wheat Fiesta Vegetables: milk, soy WG Corn Tortilla Fresh Apple</p>	<p>Plant-Based Meatballs: soy, wheat Spaghetti Sauce WG Penne Pasta: wheat Green Peas Country Vegetables Fresh Orange</p>	<p>Deviled Egg Salad: egg, soy Carrot Raisin Salad: egg, soy Savory Wheat Crackers: soy, wheat Tropical Fruit</p>		




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Monday	Tuesday	Wednesday	Thursday	Friday
<p>Milk is served with every meal. Allergen in milk is milk.</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>1</p> <p><u>Tomato Frittata</u>: egg, milk, soy Whipped Potatoes Broccoli <u>Whole Grain Roll</u>: wheat, soy Fresh Pear</p>	<p>2</p> <p><u>Baked Tofu</u>: soy <u>Mushroom Sauce</u>: gluten, milk, soy, wheat <u>Brown Rice</u>: milk, soy <u>Whole Kernel Corn</u>: milk, soy Spinach Salad Fresh Orange <u>Italian Dressing</u>: soy</p>
<p>5</p> <p><u>Plant-Based Meatballs</u>: soy, wheat <u>Brown Rice</u>: milk, soy <u>Capri Vegetables</u>: milk, soy Applesauce</p>	<p>6</p> <p><u>Plant-Based Meatballs</u>: soy, wheat Vegetarian Au Jus Gravy <u>Whipped Potatoes</u>: milk, soy Mixed Vegetables <u>Whole Grain Roll</u>: wheat, soy Fresh Apple</p>	<p>7</p> <p><u>Santa Fe Bowl</u>: milk, soy <u>California Salad</u>: soy (Brown Rice in entrée) Fresh Pear</p>	<p>8</p> <p><u>Black Bean Burger</u>: soy, wheat Balsamic Onion Sauce Corn/Limas/Carrots <u>Brown Rice Pilaf</u>: milk, soy Fresh Orange</p>	<p>9</p> <p><u>Baked Tofu</u>: soy <u>Baja Sauce</u>: wheat Pinto Beans Broccoli & Cauliflower <u>Whole Wheat Tortilla</u>: wheat Fresh Pear</p>
<p>12</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>13</p> <p><u>Tofu Fried Rice</u>: egg, 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>14</p> <p><u>WG Cheesy Pasta Bake</u>: milk, wheat <u>Broccoli</u>: milk, soy Spinach Salad Pineapple Tidbits <u>Ranch Salad Dressing</u>: eggs, milk</p>	<p>15</p> <p><u>Thai Tofu Satay</u>: gluten, wheat, soy <u>Brown Rice</u>: milk, soy Green Peas <u>California Vegetables</u>: milk, soy Fresh Pear</p>	<p>16</p> <p>Garden (Pea) Burger Brussel Sprouts w/Potatoes Plantains <u>WG Hamburger Bun</u>: wheat Mustard</p>
<p>19</p> <p><u>Plant-Based Meatballs</u>: soy, wheat Vegetarian Au Jus Gravy <u>Whipped Potatoes</u>: milk <u>Carrots</u>: milk, soy <u>Whole Wheat Roll</u>: wheat, soy Fresh Apple</p>	<p>20</p> <p><u>Kofta Plant-Based Meatballs</u>: milk, soy, wheat <u>WG Penne Pasta</u>: wheat <u>Whole Kernel Corn</u>: milk, soy <u>Broccoli</u>: milk, soy Fresh Pear</p>	<p>21</p> <p><u>Tofu Fajitas</u>: soy <u>Black Beans w/Rice</u>: soy, wheat Tossed Salad WG Corn Tortilla Chips Fresh Orange Taco Sauce</p>	<p>22</p> <p>Garden (Pea) Burger Vegetarian Au Jus Gravy Yams <u>Whole Wheat Bread</u>: soy, wheat Applesauce</p>	<p>23</p> <p><u>WG Macaroni & Cheese</u>: milk, soy, wheat Collard Greens Fresh Apple</p>
<p>26</p> <p><u>WG Three Cheese Ziti</u>: egg, milk, 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>27</p> <p><u>Plant-Based Meatballs</u>: soy, wheat Vegetarian Au Jus Gravy <u>Garlic Whipped Potatoes</u>: milk Mix Vegetable Blend <u>Whole Wheat Roll</u>: wheat, soy Pineapple Tidbits</p>	<p>28</p> <p><u>Egg Salad</u>: egg, soy Spinach Salad <u>Whole Wheat Bread</u>: soy, wheat Tropical Fruit <u>Ranch Salad Dressing</u>: eggs, milk</p>	<p>29</p> <p><u>Baked Tofu</u>: soy Bruschetta Sauce Brown Rice <u>Whole Kernel Corn</u>: milk, soy <u>Cabbage w/Carrots</u>: milk, soy Fresh Pear</p>	<p>30</p> <p><i>Labor Day Meal</i></p> <p><u>BOCA Burger</u>: gluten, soy, wheat Green Peas <u>Coleslaw</u>: eggs, soy <u>WG Hamburger Bun</u>: wheat <u>Apple Cobbler</u>: gluten, milk, soy, wheat</p>





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9 Plant-Based Meatballs: soy, wheat Brown Rice: milk, soy Capri Vegetables: milk, soy Applesauce	10 Plant-Based Meatballs: soy, wheat Vegetarian Au Jus Gravy Whipped Potatoes: milk, soy Mixed Vegetables Whole Grain Roll: wheat, soy Fresh Apple	11 Santa Fe Bowl: milk, soy California Salad: soy (Brown Rice in entrée) Fresh Pear	12 Black Bean Burger: soy, wheat Balsamic Onion Sauce Corn/Limas/Carrots Brown Rice Pilaf: milk, soy Fresh Orange	13 Baked Tofu: soy Baja Sauce: wheat Pinto Beans Broccoli & Cauliflower Whole Wheat Tortilla: wheat Fresh Pear
16 Omelet with Black Beans: eggs, milk O'Brien Potatoes Whole Wheat Bread: soy, wheat Mixed Fruit Grape Jelly	17 Tofu Fried Rice: egg, gluten, soy, wheat Whole Kernel Corn: milk, soy Asian Green Beans: gluten, soy, wheat Fresh Orange Fortune Cookie: soy, wheat	18 WG Cheesy Pasta Bake: milk, wheat Broccoli: milk, soy Spinach Salad Pineapple Tidbits Ranch Salad Dressing: eggs, milk	19 Thai Tofu Satay: gluten, wheat, soy Brown Rice: milk, soy Green Peas California Vegetables: milk, soy Fresh Pear	20 Garden (Pea) Burger Brussel Sprouts w/Potatoes Plantains WG Hamburger Bun: wheat Mustard
23 Plant-Based Meatballs: soy, wheat Vegetarian Au Jus Gravy Whipped Potatoes: milk Carrots: milk, soy Whole Wheat Roll: wheat, soy Fresh Apple	24 Kofta Plant-Based Meatballs: milk, soy, wheat WG Penne Pasta: wheat Whole Kernel Corn: milk, soy Broccoli: milk, soy Fresh Pear	25 Tofu Fajitas: soy Black Beans w/Rice: soy, wheat Tossed Salad WG Corn Tortilla Chips Fresh Orange Taco Sauce	26 Garden (Pea) Burger Vegetarian Au Jus Gravy Yams Whole Wheat Bread: soy, wheat Applesauce	27 WG Macaroni & Cheese: milk, soy, wheat Collard Greens Fresh Apple
30 WG Three Cheese Ziti: egg, milk, wheat Broccoli: milk, soy WG Penne Pasta: wheat Fresh Pear Chocolate Chip Cookie: eggs, milk, soy, wheat	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.		Milk is served with every meal. Allergen in milk is milk.	 Indicates Menu with ≥ 1,000 mg sodium