

August 2023



**MEALS on WHEELS** SOLANO COUNTY

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](http://www.mealsonwheelssolano.org)

Monday	Tuesday	Wednesday	Thursday	Friday
<div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;">                     Milk is served with every meal. Allergen in milk is milk.                 </div>	1 Chicken Fajita Pinto Beans <b>Fiesta Vegetable Blend: milk, soy</b> <b>Whole Wheat Tortilla: wheat</b> Fresh Pear Taco Sauce	2 <b>Beef Patty: soy</b> Shredded Lettuce <b>Potato Wedges: wheat</b> <b>WG Hamburger Bun: wheat</b> Fresh Orange Ketchup	3 Yogurt Dill Chicken Salad: egg, milk, soy <b>Carrot Raisin Salad: egg, soy</b> <b>Whole Wheat Bread: soy, wheat</b> <b>Whipped Potatoes: milk</b> Tropical Fruit	4 <b>Swedish Meatballs: milk, soy, wheat</b> California Vegetable Blend Whole Kernel Corn <b>WG Penne Pasta: wheat</b> Fresh Pear
	7 <b>Potato Crusted Pollock: eggs, fish, wheat</b> Corn/Lima/Carrots <b>WG Hamburger Bun: wheat</b> Fresh Orange <b>Tartar Sauce: eggs</b>	8 <b>Chicken Meatballs: soy, wheat</b> <b>Honey Ginger Glaze: milk, soy</b> <b>Brown Rice: milk, soy</b> Japanese Vegetable Blend <b>Hot Pineapple Tidbits w/Granola: soy</b>	9 <b>Ground Meat Taco: wheat</b> <b>Whole Wheat Tortilla: wheat</b> Pinto Beans <b>Broccoli &amp; Cauliflower: milk, soy</b> Applesauce	10 <b>Herb Crusted Pork: soy</b> <b>Brown Rice: milk, soy</b> Mixed Vegetables Fresh Orange
14 <b>Meatloaf w/ Gravy: milk, soy, wheat</b> <b>Brown Gravy: milk, soy</b> <b>Carrots: milk, soy</b> <b>Whole Wheat Roll: wheat, soy</b> Tropical Fruit	15 <b>Chicken Fried Rice: eggs, soy, wheat</b> <b>California Vegetable Blend: milk, soy</b> <b>Green Peas: milk, soy</b> Fresh Pear	16 <b>Italian Pasta Bake: fish, milk, wheat</b> <b>Green Beans: milk, soy</b> Spinach Salad Mandarin Oranges & Pineapple <b>Ranch Salad Dressing: eggs, milk</b>	17 <b>Breaded Chicken Patty: soy, wheat</b> <b>WG Hamburger Bun: wheat</b> Brussels Sprouts Applesauce	18 Cuban Pork <b>Whole Wheat Tortilla: wheat</b> <b>Mexican Corn: milk, soy</b> Black Beans Fresh Orange
21 <b>Omelet with Black Beans: eggs, milk</b> O'Brien Potatoes <b>Multi-Grain Bread: soy, wheat</b> Spiced Peaches Grape Jelly	22 <b>Salisbury Steak: soy</b> <b>Steakhouse Sauce: milk</b> Yams <b>Whole Wheat Bread: soy, wheat</b> Applesauce	23 <b>WG Popcorn Chicken: wheat, soy</b> <b>Macaroni &amp; Cheese: milk, soy, wheat</b> <b>Green Beans: milk, soy</b> Fresh Orange BBQ Sauce	24 <b>Turkey &amp; Beef Stroganoff: fish, milk, wheat, soy</b> <b>WG Penne Pasta: wheat</b> <b>Carrots: milk, soy</b> Broccoli Fresh Pear	25 <b>Chicken Tortilla Soup: milk</b> <b>Fiesta Vegetable Blend: milk, soy</b> WG Corn Tortilla Chips Pineapple Tidbits
28 <b>Breaded Chicken Patty: soy, wheat</b> <b>Tarragon Sauce: milk</b> Corn and Carrots <b>WG Penne Pasta: wheat</b> Fresh Orange <b>Chocolate Chip Cookie: eggs, milk, soy, wheat</b>	29 <b>Lemon Pepper Tuna: fish, egg, soy</b> Spinach Salad <b>Whole Wheat Bread: soy, wheat</b> Tropical Fruit <b>Ranch Salad Dressing: eggs, milk</b>	30 <b>Chicken Gumbo: milk, soy</b> <b>Brown Rice: milk, soy</b> <b>Carrots: milk, soy</b> <b>Broccoli: milk, soy</b> Peaches	31 <b>Smothered Meatballs: milk, soy, wheat</b> <b>Garlic Whipped Potatoes: milk</b> Mix Vegetable Blend <b>Whole Wheat Bread: soy, wheat</b> Fresh Pear	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.



Indicates Menu with ≥ 1,000 mg sodium