


December 2023



Suggested Contribution
\$4.00 per meal

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>*Indicates High Vitamin C Source **Indicates High Vitamin A Source ***Indicates High Vitamin A and Vitamin C Source Denotes sodium > 1000mg </p>		<p>Milk is served with every meal. Allergen in milk is milk.</p>		1	2	3
<p><u>Beef Patty:</u> soy <u>Tater Tots:</u> soy Garden Vegetable Blend <u>WG Hamburger Bun:</u> wheat Fresh Banana Ketchup</p>	<p>Greek Chicken Souvlaki <u>Scalloped Tomatoes:</u> fish, wheat <u>Cucumber Salad:</u> soy Brown Rice Florentine Fresh Orange</p>	<p><u>Beef Tips w/Gravy:</u> milk, soy <u>Whipped Potatoes:</u> milk Spinach <u>Wheat Bread:</u> wheat, soy Fresh Pear <u>Margarine:</u> soy</p>				
4	5	6	7	8	9	10
<p><u>Chile Relleno Casserole:</u> egg, milk, wheat <u>Fiesta Vegetable Blend:</u> milk, soy Black Beans Brown Rice Fresh Orange</p>	<p><u>Sloppy Joe:</u> fish, wheat Brussels Sprouts Hot Spiced Fruit <u>WG Hamburger Bun:</u> wheat</p>	<p><u>Potato Crusted Pollock:</u> egg, fish, wheat <u>Lemon Sauce:</u> milk, soy, wheat Tossed Salad <u>Cabbage w/Carrots:</u> milk, soy <u>Whole Grain Macaroni & Cheese:</u> milk, soy, wheat Fresh Apple <u>Ranch Salad Dressing:</u> egg, milk</p>	<p><u>Meatloaf w/ Gravy:</u> egg, milk, soy <u>Garlic Whipped Potatoes:</u> milk Green Beans <u>Multi-Grain Bread:</u> soy, wheat Fresh Banana <u>Margarine:</u> soy</p>	<p><u>Chicken Fried Rice:</u> egg, soy, wheat California Vegetable Blend <u>Whole Kernel Corn:</u> milk, soy Fresh Pear</p>	<p><u>Honey Mustard Chicken Capri Vegetables:</u> milk, soy Garden Salad <u>WG Cornbread Muffin:</u> wheat, egg, soy, milk Fresh Orange <u>Ranch Salad Dressing:</u> egg, milk, soy <u>Margarine:</u> soy</p>	<p><u>Baked Cod:</u> fish <u>Lemon Sauce:</u> milk, soy <u>Brown Rice Pilaf:</u> milk, soy Fall Vegetable Hash <u>Carrots:</u> milk, soy Fresh Banana</p>
11	12	13	14	15	16	17
<p><u>Salisbury Steak:</u> soy <u>Steakhouse Sauce:</u> milk, soy <u>Whipped Potatoes:</u> milk Green Beans <u>Whole Grain Roll:</u> soy, wheat</p>	<p><u>Broccoli & Red Pepper Scramble:</u> milk, egg <u>Hashbrown Casserole:</u> milk Hot Sliced Peaches <u>Whole Wheat English Muffin:</u> milk, soy, wheat <u>Margarine:</u> soy</p>	<p><u>Oven Fried Chicken:</u> soy, wheat California Vegetable Blend Green Peas Brown Rice Fresh Pear</p>	<p><u>Potato Crusted Pollock:</u> egg, fish, wheat Whole Kernel Corn Applesauce <u>WG Hamburger Bun:</u> wheat <u>Tartar Sauce:</u> egg, soy</p>	<p><u>Smothered Meatballs:</u> milk, soy, wheat <u>Carrots:</u> milk, soy Broccoli <u>Whole Grain Penne Pasta:</u> soy, wheat Fresh Banana</p>	<p>BBQ Pulled Pork Baked Beans <u>Coleslaw:</u> egg, soy <u>WG Cornbread Muffin:</u> wheat, egg, soy, milk Cinnamon Applesauce</p>	<p><u>Mushroom Swiss Chicken Breast:</u> milk <u>Whipped Potatoes:</u> milk, soy <u>California Vegetables:</u> milk, soy <u>WW Dinner Roll:</u> wheat, soy Fresh Pear <u>Margarine:</u> soy</p>
18	19	20	21	22	23	24
<p><u>Cheesy Potato Soup:</u> fish, milk, soy Capri Vegetable Blend Hot Cinnamon Applesauce <u>Whole Grain Roll:</u> soy, wheat</p>	<p><u>Breaded Chicken Patty:</u> wheat Sweet Potatoes Fresh Orange <u>WG Hamburger Bun:</u> wheat <u>Mayonnaise:</u> egg</p>	<p><u>Turkey Ham w/Pinto Beans:</u> soy Peas & Carrots Tropical Fruit Brown Rice</p>	<p>Baked Chicken Thigh <u>Tarragon Sauce:</u> milk Fall Vegetable Hash Hot Sliced Peaches <u>Whole Grain Roll:</u> soy, wheat <u>Margarine:</u> soy</p>	<p><u>Christmas Meal</u>  <u>Glazed Turkey-Ham:</u> milk, soy <u>Whipped Potatoes:</u> milk Carrots <u>Whole Grain Roll:</u> soy, wheat Fresh Seasonal Fruit <u>Sugar Cookie:</u> egg, milk, soy, wheat <u>Margarine:</u> soy</p>	<p><u>Grilled Salmon:</u> fish <u>Red Roasted Potatoes:</u> soy <u>California Vegetables:</u> milk, soy <u>WW Dinner Roll:</u> wheat, soy Fresh Pear <u>Margarine:</u> soy</p>	<p><u>Stuffed Pepper:</u> soy, wheat, egg Brussels Sprouts Carrots <u>WW Dinner Roll:</u> wheat, soy Cantaloupe</p>
25	26	27	28	29	30	31
<p>Chicken Fajita <u>Fiesta Vegetable Blend:</u> milk, soy Pinto Beans <u>Whole Wheat Tortilla:</u> wheat Fresh Apple</p>	<p><u>Potato Crusted Pollock:</u> egg, fish, wheat <u>California Vegetable Blend:</u> milk, soy <u>Brown Rice:</u> milk, soy Pineapple Tidbits Lemon Juice</p>	<p><u>BBQ Pork Rib Patty:</u> soy Green Beans <u>Tater Tots:</u> soy <u>WG Hot Dog Bun:</u> wheat Fresh Orange Ketchup</p>	<p><u>Meatballs with Marinara Sauce:</u> milk, soy, wheat Cauliflower Peas & Carrots <u>Whole Grain Rotini Pasta:</u> soy, wheat Fresh Banana</p>	<p><u>New Year's Meal</u> <u>Turkey Ham & Black-Eyed Peas:</u> soy <u>Whipped Potatoes:</u> milk Collard Greens <u>Whole Grain Roll:</u> soy, wheat Fresh Pear</p>	<p><u>Baked Cod:</u> fish <u>Roasted Red Pepper Sauce:</u> milk, soy <u>Green Beans:</u> milk, soy <u>Whole Kernel Corn:</u> milk, soy <u>WW Dinner Roll:</u> wheat, soy Fresh Banana <u>Margarine:</u> soy</p>	<p>Baked Chicken Breast <u>Cordon Bleu Sauce:</u> milk <u>Green Peas w/Mushrooms:</u> milk, soy <u>Carrots:</u> milk, soy <u>WG Penne Pasta:</u> wheat, soy</p>