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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Milk is served with every meal. Allergen in milk is milk.</p>			<p>1</p> <p><u>Creamy Paprika Chicken:</u> milk, soy</p> <p><u>Whole Grain Rotini Pasta:</u> wheat</p> <p>Brussels Sprouts Corn & Carrots Fresh Banana</p>	<p>2</p> <p><u>Omelet w/ Diced Tomatoes:</u> egg, milk</p> <p><u>Whole Wheat Bread:</u> soy, wheat</p> <p><u>Tater Tots:</u> soy</p> <p>Spinach Orange Juice Ketchup Jelly</p>	<p>3</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 Banana</p> <p><u>Margarine:</u> soy</p>	<p>4</p> <p>Baked Chicken Breast</p> <p><u>Cordon Bleu Sauce:</u> milk</p> <p><u>Green Peas w/Mushrooms:</u> milk, soy</p> <p><u>Carrots:</u> milk, soy</p> <p><u>WG Penne Pasta:</u> wheat, soy</p>
<p>5</p> <p>Chicken Chili w/Beans</p> <p><u>Whole Kernel Corn:</u> milk, soy</p> <p>Green Beans w/Carrots</p> <p><u>Whole Grain Roll:</u> wheat</p> <p>Fresh Orange</p> <p><u>Margarine:</u> soy</p>	<p>6</p> <p><u>Pork Stir Fry:</u> soy, wheat</p> <p>Brown Rice Broccoli Fresh Banana</p>	<p>7</p> <p><u>Harvest Chicken Salad:</u> milk, tree nuts (walnuts)</p> <p><u>Whole Grain Roll:</u> wheat</p> <p>Tropical Fruit Italian Salad Dressing (2)</p> <p><u>Margarine:</u> soy</p>	<p>8</p> <p><u>Salisbury Steak w/ Gravy:</u> milk, soy</p> <p><u>Multi-Grain Bread:</u> soy, wheat</p> <p>Mixed Vegetable Blend</p> <p><u>Whipped Potatoes:</u> milk</p> <p>Fresh Pear</p>	<p>9</p> <p><u>Chickpea Cake:</u> wheat, soy</p> <p>Brown Rice w/ Spinach Cauliflower Cauliflower</p> <p><u>Hot Pineapple Tidbits w/Granola:</u> soy</p>	<p>10</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 Fresh Orange</p>	<p>11</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>12</p> <p><u>Sloppy Joe:</u> fish, wheat</p> <p><u>Whole Grain Hamburger Bun:</u> wheat</p> <p><u>Crispy Cubed Potatoes:</u> wheat, soy</p> <p>Broccoli Fresh Pear</p>	<p>13</p> <p><u>Chicken Noodle Cass:</u> wheat, milk, soy</p> <p><u>Garden Vegetables:</u> milk,soy</p> <p>Fresh Banana</p> <p><u>Graham Crackers:</u> wheat, soy</p>	<p>14</p> <p><i>Valentine's Day/Ash Wednesday</i></p> <p>Spinach Lasagna: egg, milk, soy</p> <p><u>Green Beans w/Corn & Carrots:</u> milk, soy</p> <p>Tossed Salad</p> <p><u>Fresh Orange Carnival Cookie:</u> egg, milk, soy, wheat</p> <p><u>Ranch Salad Dressing:</u> egg, milk</p>	<p>15</p> <p>Pork Al Pastor</p> <p><u>Southwest Corn:</u> milk, soy</p> <p>Brown Rice Carrots Fresh Banana</p>	<p>16</p> <p><u>Lemon Pepper Tilapia:</u> fish</p> <p><u>Macaroni & Cheese:</u> milk, soy, wheat</p> <p>Green Peas Tossed Salad Fresh Orange</p> <p><u>Ranch Salad Dressing:</u> egg, mi</p>	<p>17</p> <p><u>Honey Mustard Chicken Capri Vegetables:</u> milk, soy</p> <p>Garden Salad</p> <p><u>WG Cornbread Muffin:</u> wheat, egg, soy, milk</p> <p>Fresh Orange</p> <p><u>Ranch Salad Dressing:</u> egg, milk, soy</p> <p><u>Margarine:</u> soy</p>	<p>18</p> <p><u>Baked Cod:</u> fish</p> <p><u>Lemon Sauce:</u> milk, soy</p> <p><u>Brown Rice Pilaf:</u> milk, soy</p> <p>Fall Vegetable Hash</p> <p><u>Carrots:</u> milk, soy</p> <p>Fresh Banana</p>
<p>19</p> <p><u>Tuscan Chicken Meatballs:</u> milk, soy, wheat</p> <p><u>WG Rotini Pasta:</u> wheat, soy</p> <p>Tuscany Vegetable Blend Fresh Apple</p>	<p>20</p> <p><u>BBQ Pork Riblet:</u> soy</p> <p>Hawaiian Baked Beans Carrots</p> <p><u>Whole Grain Hamburger Bun:</u> wheat</p> <p>Fresh Orange</p>	<p>21</p> <p><u>Chicken Tortilla Soup:</u> soy</p> <p>WG Tortilla Chips California Vegetable Blend Tossed Salad Fresh Banana</p> <p><u>Ranch Salad Dressing:</u> egg, milk</p>	<p>22</p> <p><u>Turkey Breast w/ Gravy:</u> milk</p> <p><u>Whole Grain Roll:</u> wheat</p> <p><u>Whipped Potatoes:</u> milk, soy</p> <p><u>Brussels Sprouts:</u> milk, soy</p> <p>Fresh Pear</p> <p><u>Margarine:</u> soy</p>	<p>23</p> <p><u>Tofu Fried Rice:</u> egg, gluten, soy</p> <p>Green Peas</p> <p><u>Japanese Vegetables:</u> gluten, milk, soy, wheat</p> <p>Fresh Banana</p> <p><u>Fortune Cookie:</u> soy, wheat</p>	<p>24</p> <p>BBQ Pulled Pork Baked Beans</p> <p><u>Coleslaw:</u> egg, soy</p> <p><u>WG Cornbread Muffin:</u> wheat, egg, soy, milk</p> <p>Cinnamon Applesauce</p>	<p>25</p> <p><u>Mushroom Swiss Chicken Breast:</u> milk</p> <p><u>Whipped Potatoes:</u> milk, 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>26</p> <p><u>Oven Fried Chicken:</u> soy, wheat</p> <p><u>Garlic Whipped Potatoes:</u> milk, soy</p> <p>Spring Vegetables</p> <p><u>Whole Grain Roll:</u> wheat</p> <p>Fresh Apple</p> <p><u>Margarine:</u> soy</p>	<p>27</p> <p><u>Beef Patty:</u> soy</p> <p><u>Whole Grain Hamburger Bun:</u> wheat</p> <p><u>Crispy Cubed Potatoes:</u> wheat, soy</p> <p><u>Fresh Coleslaw:</u> egg</p> <p>Fresh Pear Ketchup</p>	<p>28</p> <p><u>Chef Salad:</u> egg, milk</p> <p><u>Whole Grain Roll:</u> wheat</p> <p>Tropical Fruit</p> <p><u>Margarine:</u> soy</p> <p><u>Ranch Salad Dressing (2):</u> egg, milk</p>	<p>29</p> <p><u>Mongolian Pork:</u> gluten, sesame seeds, soy, wheat</p> <p><u>Brown Rice:</u> milk, soy</p> <p><u>Japanese Vegetables:</u> gluten, milk, soy, wheat</p> <p>Fresh Banana</p> <p><u>Fortune Cookie:</u> soy, wheat</p>	<p>*Indicates High Vitamin C Source</p> <p>**Indicates High Vitamin A Source</p> <p>***Indicates High Vitamin A and Vitamin C Source</p> <p> Denotes sodium > 1000mg</p>		