


PLEASE CALL (707) 425-0638 OR 1-800-788-5114 FOR RESERVATIONS OR CANCELLATIONS 48 HOURS IN ADVANCE • www.mealsonwheelssolano.org

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>1</b></p> <p>Chicken Chili Whole Kernel Corn Green Beans w/Carrots** Whole Grain Roll Fresh Orange* Milk Margarine</p> <p><i>Closed for Holiday</i></p>	<p><b>2</b></p> <p>Pork Stir Fry** Broccoli* Brown Rice Fresh Banana Milk</p>	<p><b>3</b></p> <p>Harvest Chicken Salad** Whole Grain Roll Tropical Fruit* Milk Italian Salad Dressing (2) Margarine</p>	<p><b>4</b></p> <p>Salisbury Steak w/ Gravy Whipped Potatoes* Mixed Vegetable Blend** Multi-Grain Bread Fresh Pear Chocolate Milk Margarine</p>	<p><b>5</b></p> <p><i>New!</i> Chickpea Cakes Cauliflower* Brown Rice Florentine Pineapple w/Granola Milk</p>	<p><b>6</b></p> <p>Greek Chicken Souvlaki Scalloped Tomatoes Cucumber Salad Brown Rice Florentine Fresh Orange* Milk</p>	<p><b>7</b></p> <p>Beef Tips w/Gravy Whipped Potatoes* Spinach** Wheat Bread Fresh Pear Milk Margarine</p>
<p><b>8</b></p> <p>Sloppy Joe Crispy Cubed Potatoes Broccoli* Whole Grain Hamburger Bun Fresh Pear Chocolate Milk</p>	<p><b>9</b></p> <p>Chicken Noodle Bake Garden Vegetable Blend*** (WG Pasta in Entrée) Fresh Banana Milk Graham Crackers</p>	<p><b>10</b></p> <p>Onion Smothered Beef Whipped Potatoes* Green Beans Whole Wheat Bread Fresh Apple Milk Margarine</p>	<p><b>11</b></p> <p>Pork Al Pastor Southwest Corn* Carrots** Brown Rice Fresh Banana Milk</p>	<p><b>12</b></p> <p>Lemon Pepper Tilapia WG Macaroni &amp; Cheese Green Peas Tossed Salad** Fresh Orange* Milk Ranch Salad Dressing</p>	<p><b>13</b></p> <p>Honey Mustard Chicken Capri Vegetables** Garden Salad WG Cornbread Muffin Fresh Orange* Milk Ranch Salad Dressing Margarine</p>	<p><b>14</b></p> <p>Baked Cod w/Lemon Sauce Pilaf Brown Rice Fall Vegetable Hash* Carrots** Fresh Banana Milk</p>
<p><b>15</b></p> <p><i>New!</i> Tuscan Chicken Meatballs Tuscany Vegetable Blend*** Whole Grain Rotini Pasta Fresh Apple Milk</p> <p><i>Closed for Holiday</i></p>	<p><b>16</b></p> <p>BBQ Pork Riblet Hawaiian Baked Beans Carrots** Whole Grain Hamburger Bun Fresh Orange* Chocolate Milk</p>	<p><b>17</b></p> <p>Chicken Tortilla Soup WG Tortilla Chips California Vegetable Blend*** Tossed Salad Fresh Banana Milk Ranch Salad Dressing</p>	<p><b>18</b></p> <p>Turkey Breast w/ Gravy Whole Grain Roll Whipped Potatoes* Brussels Sprouts* Fresh Pear Milk Margarine</p>	<p><b>19</b></p> <p><i>New!</i> Tofu Fried Rice Green Peas Japanese Vegetable Blend* Fresh Banana Milk Fortune Cookie</p>	<p><b>20</b></p> <p>BBQ Pulled Pork Baked Beans Coleslaw* WG Cornbread Muffin Fresh Apple Milk</p>	<p><b>21</b></p> <p>Mushroom Swiss Chicken Breast  Whipped Potatoes* California Vegetable Blend*** Whole Wheat Dinner Roll Fresh Pear Margarine</p>
<p><b>22</b></p> <p>Oven Fried Chicken Garlic Whipped Potatoes* Spring Vegetable Blend** Whole Grain Dinner Roll Fresh Apple Milk Margarine</p>	<p><b>23</b></p> <p>Beef Patty Crispy Cubed Potatoes Coleslaw* Whole Grain Hamburger Bun Fresh Pear Milk Ketchup</p>	<p><b>24</b></p> <p>Chef Salad** (Mixed Lettuce in entrée) Whole Grain Dinner Roll Tropical Fruit* Milk Ranch Salad Dressing (2) Margarine</p>	<p><b>25</b></p> <p><i>New!</i> Mongolian Pork Brown Rice Japanese Vegetable Blend* Fresh Banana Milk Fortune Cookie</p>	<p><b>26</b></p> <p>Cheesy Potato Soup* Capri Vegetable Blend** Whole Grain Dinner Roll Hot Cinnamon Applesauce* Chocolate Milk Margarine</p>	<p><b>27</b></p> <p>Grilled Salmon Roasted Potatoes California Vegetable Blend*** Whole Wheat Dinner Roll Fresh Pear Margarine</p>	<p><b>28</b></p> <p>Stuffed Pepper* Brussels Sprouts* Carrots** Whole Wheat Dinner Roll Cantaloupe</p>
<p><b>29</b></p> <p>Beef &amp; Turkey Enchilada Pie Pinto Beans Fiesta Vegetable Blend*** Fresh Pear Milk (WG Corn Tortillas in Entrée)</p>	<p><b>30</b></p> <p>Chicken Gumbo Broccoli* Applesauce* Brown Rice Sugar Cookie Milk</p>	<p><b>31</b></p> <p>Meatloaf w/ Gravy Whipped Potatoes* Tossed Salad Multigrain Bread Fresh Apple Chocolate Milk Margarine Italian Salad Dressing</p>	<p>*Indicates High Vitamin C Source **Indicates High Vitamin A Source ***Indicates High Vitamin A and Vitamin C Source  Denotes sodium &gt; 1000mg</p>			