

July 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

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
<p><u>Potato Crusted Pollock:</u> eggs, fish, wheat Corn/Lima/Carrots <u>WG Hamburger Bun:</u> wheat Fresh Orange <u>Tartar Sauce:</u> eggs</p>	<p><i>Closed for Holiday</i> <i>Independence Day Meal</i> <u>Beef Patty:</u> soy <u>Cheese:</u> milk <u>Coleslaw:</u> eggs, soy <u>WG Hamburger Bun:</u> wheat Hot Pineapple Tidbits Ketchup Mustard</p>	<p><u>Ground Meat Taco:</u> wheat <u>Whole Wheat Tortilla:</u> wheat Pinto Beans <u>Broccoli & Cauliflower:</u> milk, soy Applesauce</p>	<p><u>Herb Crusted Pork:</u> soy <u>Brown Rice:</u> milk, soy Mixed Vegetables Fresh Orange</p>	<p><u>Chef Salad:</u> eggs, milk <u>WG Garlic Breadstick:</u> milk, soy, wheat <u>California Salad:</u> soy Fresh Orange <u>Italian Dressing:</u> soy</p>
10	11	12	13	14
<p><u>Meatloaf w/ Gravy:</u> milk, soy, wheat <u>Brown Gravy:</u> milk, soy <u>Carrots:</u> milk, soy <u>Whole Wheat Roll:</u> wheat, soy Tropical Fruit</p>	<p><u>Chicken Fried Rice:</u> eggs, soy, wheat <u>California Vegetable Blend:</u> milk, soy <u>Green Peas:</u> milk, soy Fresh Pear</p>	<p><u>Italian Pasta Bake:</u> fish, milk, wheat <u>Green Beans:</u> milk, soy Spinach Salad Mandarin Oranges & Pineapple <u>Ranch Salad Dressing:</u> eggs, milk</p>	<p><u>Breaded Chicken Patty:</u> soy, wheat <u>WG Hamburger Bun:</u> wheat Brussels Sprouts Applesauce</p>	<p>Cuban Pork <u>Whole Wheat Tortilla:</u> wheat <u>Mexican Corn:</u> milk, soy Black Beans Fresh Orange</p>
17	18	19	20	21
<p><u>Omelet with Black Beans:</u> eggs, milk O'Brien Potatoes <u>Multi-Grain Bread:</u> soy, wheat Spiced Peaches Grape Jelly</p>	<p><u>Salisbury Steak:</u> soy <u>Steakhouse Sauce:</u> milk Yams <u>Whole Wheat Bread:</u> soy, wheat Applesauce</p>	<p><u>WG Popcorn Chicken:</u> wheat, soy <u>Macaroni & Cheese:</u> milk, soy, wheat <u>Green Beans:</u> milk, soy Fresh Orange BBQ Sauce</p>	<p><u>Turkey & Beef Stroganoff:</u> fish, milk, wheat, soy <u>WG Penne Pasta:</u> wheat <u>Carrots:</u> milk, soy Broccoli Fresh Pear</p>	<p><u>Chicken Tortilla Soup:</u> milk <u>Fiesta Vegetable Blend:</u> milk, soy WG Corn Tortilla Chips Pineapple Tidbits</p>
24	25	26	27	28
<p><u>Breaded Chicken Patty:</u> soy, wheat <u>Tarragon Sauce:</u> milk Corn and Carrots <u>WG Penne Pasta:</u> wheat Fresh Orange <u>Chocolate Chip Cookie:</u> eggs, milk, soy, wheat</p>	<p><u>Lemon Pepper Tuna:</u> fish, egg, soy Spinach Salad <u>Whole Wheat Bread:</u> soy, wheat Tropical Fruit <u>Ranch Salad Dressing:</u> eggs, milk</p>	<p><u>Chicken Gumbo:</u> milk, soy <u>Brown Rice:</u> milk, soy <u>Carrots:</u> milk, soy <u>Broccoli:</u> milk, soy Peaches</p>	<p><u>Smothered Meatballs:</u> milk, soy, wheat <u>Garlic Whipped Potatoes:</u> milk Mix Vegetable Blend <u>Whole Wheat Bread:</u> soy, wheat Fresh Pear</p>	<p><u>BBQ Pork Rib Patty:</u> soy <u>Green Beans:</u> milk, soy <u>WG Hamburger Bun:</u> wheat Hot Cinnamon Applesauce</p>
31				
<p><u>Turkey Broccoli Rice Cass:</u> milk <u>Stewed Tomatoes:</u> soy <u>Whole Wheat Roll:</u> wheat, soy Pineapple Tidbits <u>Margarine:</u> soy</p>		<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>	



Indicates Menu with ≥ 1,000 mg sodium