

October 2023



Suggested Contribution

\$4.00 per meal

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>2</p> <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>3</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>4</p> <p><u>Oven Fried Chicken</u>: soy, wheat California Vegetable Blend Green Peas Brown Rice Fresh Pear</p>	<p>5</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>6</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>7</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>8</p> <p><u>Mushroom Swiss Chicken</u> <u>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>
<p>9</p> <p><u>Cheesy Potato Soup</u>: fish, milk, soy Capri Vegetable Blend Hot Cinnamon Applesauce <u>Whole Grain Roll</u>: soy, wheat</p>	<p>10</p> <p><u>Breaded Chicken Patty</u>: wheat Sweet Potatoes Fresh Orange <u>WG Hamburger Bun</u>: wheat <u>Mayonnaise</u>: egg</p>	<p>11</p> <p><u>Turkey Ham w/Pinto Beans</u>: soy Peas & Carrots Tropical Fruit Brown Rice</p>	<p>12</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>13</p> <p>Diced Pork <u>Honey Ginger Glaze</u>: milk, soy <u>Fried Brown Rice</u>: egg, soy, wheat Japanese Vegetable Blend Fresh Pear <u>Fortune Cookie</u>: soy, wheat</p>	<p>14</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>15</p> <p><u>Stuffed Pepper</u>: soy, wheat, egg Brussels Sprouts Carrots <u>WW Dinner Roll</u>: wheat, soy Cantaloupe</p>
<p>16</p> <p>Chicken Fajita <u>Fiesta Vegetable Blend</u>: milk, soy Pinto Beans <u>Whole Wheat Tortilla</u>: wheat Fresh Apple</p>	<p>17</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>18</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>19</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>20</p> <p>Beef & Turkey Chili with Beans <u>Whipped Potatoes</u>: milk, soy Mixed Vegetables <u>Whole Grain Roll</u>: soy, wheat Fresh Pear <u>Choc Chip Cookie</u>: egg, milk, soy, wheat</p>	<p>21</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>22</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>
<p>23</p> <p><u>Omelet w/Black Beans & Cheese</u>: egg, milk Hashbrowns Winter Vegetable Blend <u>Multi-Grain Bread</u>: soy, wheat Fresh Pear</p>	<p>24</p> <p><u>Swiss Steak</u>: fish, milk, soy, wheat Whole Grain Penne Pasta Mixed Vegetables Fresh Orange</p>	<p>25</p> <p>Pork Loin <u>Brown Gravy</u>: milk, soy Whipped Sweet Potatoes Green Beans <u>Whole Grain Roll</u>: soy, wheat Fresh Orange <u>Margarine</u>: soy</p>	<p>26</p> <p><u>Chicken Gumbo</u>: milk, soy Spinach Brown Rice <u>Cornbread</u>: milk, soy, wheat Applesauce</p>	<p>27</p> <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>28</p> <p>Greek Chicken Souvlaki <u>Scalloped Tomatoes</u>: fish, wheat <u>Cucumber Salad</u>: soy Brown Rice Florentine Fresh Orange</p>	<p>29</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>
<p>30</p> <p><u>Chile Relleno Casserole</u>: egg, milk, wheat <u>Fiesta Vegetable Blend</u>: milk, soy Black Beans Brown Rice Fresh Orange</p>	<p>31</p> <p><i>Halloween</i> 🎃 Polish Sausage <u>Tater Tots</u>: soy Carrots <u>Whole Wheat Hot Dog Bun</u>: wheat <u>Carnival Cookie</u>: egg, milk, soy, wheat Mustard</p>	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>Milk is served with every meal. Allergen in milk is milk.</p> </div>				

*Indicates High Vitamin C Source

**Indicates High Vitamin A Source

***Indicates High Vitamin A and Vitamin C Source

Denotes sodium > 1000mg