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 Wednesday Tuesday Thursday Friday Saturday Sunday Monday 2 1 Cheesy Potato Soup* Grilled Salmon Indicates High Vitamin C Source Stuffed Pepper* Capri Vegetable Blend** **Roasted Potatoes Brussels Sprouts*** *Indicates High Vitamin A Source Carrots** Whole Grain Dinner Roll California Vegetable Blend*** **Indicates High Vitamin A and Vitamin C Source Whole Wheat Dinner Roll Whole Wheat Dinner Roll Hot Cinnamon Applesauce* Denotes sodium > 1000mg Chocolate Milk Fresh Pear Cantaloupe Margarine Margarine 5 6 7 8 9 10 Beef & Turkey Enchilada Pie Chicken Gumbo Meatloaf w/ Gravy Creamy Paprika Chicken Omelet w/ Diced Tomatoes Cordon Bleu Chicken Breast Baked Cod w/Roasted Red Pinto Beans Broccoli* Whipped Potatoes* Corn & Carrots** **Tater Tots** Pepper Sauce Green Peas w/Mushrooms Fiesta Vegetable Blend*** Applesauce* Spinach** **Tossed Salad** Brussels Sprouts* Whole Kernel Corn Carrots** Fresh Pear **Brown Rice** Multigrain Bread WG Rotini Pasta Whole Wheat Bread Green Beans Whole Grain Penne Pasta Milk Sugar Cookie Fresh Apple Fresh Banana Fresh Orange* Whole Wheat Dinner Roll Fresh Orange* Milk Milk (WG Corn Tortillas in Entrée) Chocolate Milk Milk Fresh Banana Milk Margarine Ketchup Margarine **Italian Salad Dressing** 11 12 13 14 15 16 17 Pork Stir Fry** St. Patrick's Day Meal Chicken Chili Harvest Chicken Salad** Salisbury Steak w/ Gravy Greek Chicken Souvlaki Beef Tips w/Gravy Broccoli* WG Macaroni & Cheese Whipped Potatoes* Whole Kernel Corn Whole Grain Roll Whipped Potatoes* Scalloped Tomatoes Green Beans w/Carrots** **Brown Rice** Tropical Fruit* Mixed Vegetable Blend** Parslied Red Potatoes Cucumber Salad Spinach** Whole Grain Roll Fresh Banana Milk Multi-Grain Bread Cabbage w/Carrots*** **Brown Rice Florentine** Wheat Bread Fresh Orange* Milk Italian Salad Dressing (2) Fresh Pear Fresh Pear Fresh Seasonal Fruit Fresh Orange* Milk Margarine Chocolate Milk Sugar Cookie Milk Milk Milk Margarine Margarine Margarine 22 23 18 19 20 21 24 Chicken Noodle Bake Onion Smothered Beef Pork Al Pastor Lemon Pepper Tilapia Baked Cod w/Lemon Sauce Sloppy Joe Honey Mustard Chicken **Crispy Cubed Potatoes** Garden Vegetable Blend*** Whipped Potatoes* Southwest Corn* WG Macaroni & Cheese Capri Vegetables** Pilaf Brown Rice Broccoli* Carrots** Green Peas Fall Vegetable Hash* (WG Pasta in Entrée) Green Beans Garden Salad Carrots** Whole Grain Hamburger Bun Fresh Banana Whole Wheat Bread **Brown Rice** Tossed Salad** WG Cornbread Muffin Fresh Pear Milk Fresh Apple Fresh Banana Fresh Orange* Fresh Banana Fresh Orange* Chocolate Milk Milk Milk **Graham Crackers** Milk Milk Milk Margarine Ranch Salad Dressing Ranch Salad Dressing Margarine 25 26 27 1728 29 30 31 **BBQ Pork Riblet** Easter Meal **BBQ** Pulled Pork New! Tuscan Chicken Meatballs Chicken Tortilla Soup New! Tofu Fried Rice Mushroom Swiss Chicken Breast Tuscany Vegetable Blend*** Hawaiian Baked Beans WG Tortilla Chips Turkey Breast w/Gravy Green Peas **Baked Beans** Whole Grain Rotini Pasta Carrots** California Vegetable Blend*** Whipped Potatoes* Japanese Vegetable Blend* Coleslaw* Whipped Potatoes* Fresh Apple Whole Grain Hamburger Bun Tossed Salad Brussels Sprouts* Fresh Banana WG Cornbread Muffin California Vegetable Blend*** Milk Milk Fresh Orange* Fresh Banana Whole Grain Dinner Roll Fresh Apple Whole Wheat Dinner Roll Chocolate Milk Milk Fresh Seasonal Fruit Milk Fresh Pear Fortune Cookie Ranch Salad Dressing Lime Gelatin Margarine Milk

		Closed for Holiday	<u> </u>