

# Meals on Wheels of Solano County

## Home Delivered Meals Menu

### October 2017

### Suggested Meal Donation of \$3.00

Your meals from Meals on Wheels of Solano County are made possible by the generous support of volunteers, Area Agency on Aging, federal funds, and donations from the community. If you are unable to contribute the entire \$3.00, please consider contributing whatever you can. No one will be denied a meal if unable to contribute.

Every donation helps Meals on Wheels of Solano County continue to serve seniors in our community.

Guests under 60 can enjoy a meal for \$7.00.

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b></p> <p>Stuffed Salmon Dill Sauce Rice Florentine Brussels Sprouts Dinner Roll Citrus Fruit</p>	<p><b>3</b></p> <p>Oven Fried Chicken Macaroni &amp; Cheese Seasoned Green Beans Cornbread Fresh Banana</p>	<p><b>4</b></p> <p>Hot Roast Beef Sandwich Parslied Potatoes German Coleslaw Hot Spiced Pears</p>	<p><b>5</b></p> <p>Pork Roast Sweet &amp; Sour Sauce Fried Rice Ginger Carrots Mandarin Oranges Fortune Cookie</p>	<p><b>6</b></p> <p>Meatloaf Brown Gravy Whipped Potatoes Mixed Vegetables Dinner Roll Fresh Apple</p>
<p><b>9</b></p> <p>Chicken and Rice Bake Seasoned Green Beans Glazed Baby Carrots Biscuit Fresh Apple</p>	<p><b>10</b></p> <p>Pork Roast w/Red Eyed Gravy Roasted Potatoes Garlic Spinach Multi-Grain Bread Diced Pears</p>	<p><b>11</b></p> <p>Sweet &amp; Sour Meatballs Steamed Rice Japanese Vegetable Blend Dinner Roll Seasonal Fruit</p>	<p><b>12</b></p> <p>Breaded Fish Sandwich Delmonico Potatoes Cabbage with Carrots Whole Wheat Hamburger Bun Cinnamon Applesauce</p>	<p><b>13</b></p> <p>Mediterranean Chicken Breast Lemon Orzo Tuscany Vegetable Blend Multi-Grain Bread Chocolate Chip Cookie Seasonal Fruit</p>
<p><b>16</b></p> <p>Lasagna Bake Zucchini Mixed Vegetables Dinner Roll Fresh Orange</p>	<p><b>17</b></p> <p>Stuffed Salmon w/Dill Sauce Rice Florentine Yellow Squash Dinner Roll Peaches, Pineapples, and Pears</p>	<p><b>18</b></p> <p>Sliced Turkey Breast w/Gravy Fall Vegetable Hash Seasoned Green Beans Multi-Grain Bread Strawberry Nutri Grain Bar Seasonal Fruit</p>	<p><b>19</b></p> <p>Jamaican Ginger Chicken Breast Black Beans Parslied Carrots Dinner Roll Diced Peaches</p>	<p><b>20</b></p> <p>Three Way Chili Yellow Rice Mexican Corn Saltine Crackers Citrus Fruit</p>
<p><b>23</b></p> <p>Chicken Cacciatore Bowtie Pasta Spinach Wheat Roll Tropical Fruit</p>	<p><b>24</b></p> <p>Salisbury Beef w/French Onion Mushroom Sauce Whipped Potatoes Spiced Carrots Dinner Roll Seasonal Fruit</p>	<p><b>25</b></p> <p>Oven Fried Chicken Roasted Sweet Potatoes Seasoned Green Beans Dinner Roll Pineapple Tidbits</p>	<p><b>26</b></p> <p>Hamburger Patty on Bun Lettuce/Tomato Tater Tots Baked Beans Fresh Orange</p>	<p><b>27</b></p> <p>Sweet &amp; Sour Pork w/Rice Broccoli &amp; Cauliflower Cabbage Multi-Grain Bread Fresh Apple Strawberry Gelatin</p>
<p><b>30</b></p> <p>Meatloaf w/Brown Gravy Country Potatoes Glazed Baby Carrots Dinner Roll Diced Peaches</p>	<p><b>31</b></p> <p>Bruschetta Chicken Garlic w/Red Pepper Penne Club Spinach Multi-Grain Bread Apple Crisp</p>	<p>If you do not heat and eat your meal when its delivered put the meal in the freezer and the cold items in the refrigerator right away. Heat your meal in the microwave following the instructions on the meal. Use the lowest amount of cooking time first, check the food, stir and add additional minutes until hot. Let the meal set for a few minutes before eating. If you have not eaten your frozen meal by the expiration, throw it away. Meals partial funded under the Older Americans Act.</p> <p><b>Menu subject to change without notice.</b></p>		