

Meals on Wheels of Solano County

Senior Dining 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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Chicken and Rice Bake Seasoned Green Beans Glazed Baby Carrots Biscuit Fresh Apple</p>	<p>3</p> <p>Pork Roast w/Red Eyed Gravy Roasted Potatoes Garlic Spinach Multi-Grain Bread Diced Pears</p>	<p>4</p> <p>Sweet & Sour Meatballs Steamed Rice Japanese Vegetable Blend Dinner Roll Seasonal Fruit</p>	<p>5</p> <p>Breaded Fish Sandwich Delmonico Potatoes Cabbage with Carrots Whole Wheat Hamburger Bun Cinnamon Applesauce</p>	<p>6</p> <p>Mediterranean Chicken Breast Lemon Orzo Tuscany Vegetable Blend Multi-Grain Bread Chocolate Chip Cookie Seasonal Fruit</p>
<p>9</p> <p>Lasagna Bake Zucchini Mixed Vegetables Dinner Roll Fresh Orange</p>	<p>10</p> <p>Stuffed Salmon w/Dill Sauce Rice Florentine Yellow Squash Dinner Roll Peaches, Pineapples, and Pears</p>	<p>11</p> <p>Sliced Turkey Breast w/Gravy Fall Vegetable Hash Seasoned Green Beans Multi-Grain Bread Strawberry Nutri Grain Bar Seasonal Fruit</p>	<p>12</p> <p>Jamaican Ginger Chicken Breast Black Beans Parslied Carrots Dinner Roll Diced Peaches</p>	<p>13</p> <p>Three Way Chili Yellow Rice Mexican Corn Saltine Crackers Citrus Fruit</p>
<p>16</p> <p>Chicken Cacciatore Bowtie Pasta Spinach Wheat Roll Tropical Fruit</p>	<p>17</p> <p>Salisbury Beef w/French Onion Mushroom Sauce Whipped Potatoes Spiced Carrots Dinner Roll Seasonal Fruit</p>	<p>18</p> <p>Oven Fried Chicken Roasted Sweet Potatoes Seasoned Green Beans Dinner Roll Pineapple Tidbits</p>	<p>19</p> <p>Hamburger Patty on Bun Lettuce/Tomato Tater Tots Baked Beans Fresh Orange</p>	<p>20</p> <p>Sweet & Sour Pork w/Rice Broccoli & Cauliflower Cabbage Multi-Grain Bread Fresh Apple Strawberry Gelatin</p>
<p>23</p> <p>Meatloaf w/Brown Gravy Country Potatoes Glazed Baby Carrots Dinner Roll Diced Peaches</p>	<p>24</p> <p>Bruschetta Chicken Garlic w/Red Pepper Penne Club Spinach Multi-Grain Bread Apple Crisp</p>	<p>25</p> <p>Carne Guisada Fiesta Rice Ranch Beans Whole Grain Tortilla Peaches, Pineapples, and Pears</p>	<p>26</p> <p>BBQ Pulled Pork Sandwich Garlic Whipped Potatoes California Vegetable Blend Seasonal Fruit</p>	<p>27</p> <p>Chicken A La King Parslied Rice Peas w/Red Peppers Biscuit Mandarin Oranges</p>
<p>30</p> <p>Balsamic Onion Jam Chicken Breast Mashed Spiced Yams Mixed Vegetables Dinner Roll Fresh Orange</p>	<p><u>Halloween</u> 31</p> <p>Three Bean Chili Baked Potato w/Sour Cream Broccoli w/Cheese Wheat Roll Fresh Apple Brownie</p>	<p>No leftover food is allowed to leave the site for health and food safety reasons, except for wrapped breads, baked goods, and fresh fruit. Please only sign up when you are sure you can make it to minimize food waste. We always appreciate your comments and feedback anytime. Just tell your site host or send a note in the Donation Box. Meals are partially funded under the Older Americans Act. Milk is served with every meal.</p>		
<p>Menu subject to change without notice.</p>				