

Meals on Wheels of Solano County

Senior Dining Menu

June 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) 426-3079 OR 1-800-788-5114 FOR RESERVATIONS OR CANCELLATIONS 48 HOURS IN ADVANCE • www.mealsonwheelsolano.org

Monday	Tuesday	Wednesday	Thursday	Friday
<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>			<p>1</p> <p>Philly Cheese Steak Delmonico Potatoes Whole Kernel Corn Hoagie Bun Raisins Bread Pudding</p>	<p>2</p> <p>King Ranch Chicken Bake Pinto Beans Fiesta Vegetable Blend Wheat Bread Peaches</p>
<p>5</p> <p>Potato Crusted Pollock Tomato Corn Medley Dilled Carrots Dinner Roll Fresh Orange</p>	<p>6</p> <p>BBQ Chicken Breast Macaroni and Cheese Seasoned Green Beans Multi-Grain Bread Rosy Applesauce</p>	<p>7</p> <p>Cuban Shredded Pork Hawaiian Baked Beans Carrot Coleslaw Whole Wheat Hamburger Bun Pear Crisp</p>	<p>8</p> <p>Chicken Cacciatore Garlic Red Pepper Penne Pasta Club Spinach Garlic Breadstick Hot Spiced Apples</p>	<p>9</p> <p>Roast Beef with Gravy Whipped Potatoes Succotash Dinner Roll Glazed Fruit</p>
<p>12</p> <p>Swedish Meatballs Egg Noodles Garlic Spinach Multi-Grain Bread Hot Spiced Pears</p>	<p>13</p> <p>Garlic Rosemary Chicken Breast Mashed Spiced Yams Brussels Sprouts Wheat Roll Mandarin Oranges</p>	<p>14</p> <p>Beef with Gravy and Peppers Whipped Potatoes Mixed Vegetables Dinner Roll Fresh Banana</p>	<p>15</p> <p>Chicken and Dumplings Seasoned Green Beans Sliced Carrots Biscuit Fresh Apple</p>	<p><i>Father's Day</i> 16</p> <p>Roast Beef with Gravy Twice Whipped Potatoes Carrots Amandine Wheat Roll Pineapple Tidbits</p>
<p>19</p> <p>Lemon Pepper Fish Macaroni and Cheese Fiesta Vegetable Blend Wheat Bread Glazed Fruit</p>	<p>20</p> <p>Beef and Bean Burrito Chili con Carne Mexican Rice Calabasa Squash Fresh Orange</p>	<p>21</p> <p>Cranberry Orange Chicken Breast Cut Yams Herbed Green Beans Sourdough Bread Fluffy Fruit Salad</p>	<p>22</p> <p>Cheeseburger on Bun Lettuce and Tomato Hawaiian Baked Beans Herbed Potato Salad Peach Crisp</p>	<p>23</p> <p>Oven Fried Chicken Cheesy Whipped Potatoes Peas and Carrots Dinner Roll Fresh Apple</p>
<p>26</p> <p>Turkey Breast with Gravy Sweet Potato Soufflé Broccoli Wheat Roll Cranapplesauce</p>	<p>27</p> <p>Chicken and Rice Bake Herbed Green Peas Parslied Carrots Wheat Bread Fresh Orange</p>	<p>28</p> <p>Meatloaf with Gravy Whipped Potatoes Mixed Vegetables Dinner Roll Fresh Banana</p>	<p>29</p> <p>Stuffed Salmon with Dill Sauce Brown Rice Squash, Zucchini, and Tomato Medley Tropical Fruit</p>	<p>30</p> <p>Beef Spaghetti Sauce Spaghetti Noodles Seasoned Green Beans Mixed Green Salad Wheat Roll Hot Spiced Pears</p>