

Meals on Wheels of Solano County

Home Delivered Meals 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.mealsonwheelssolano.org

Monday	Tuesday	Wednesday	Thursday	Friday
<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 then 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 date, throw it away. We appreciate your comments, just send us a note with your donation or call us. Meals paritally funded by the Older American Act.</p> <p>Menu subject to change without notice.</p>			1	2
			Stuffed Salmon with Dill Sauce Brown Rice Squash, Zucchini, and Tomato Medley Tropical Fruit	BBQ Chicken on Bun Hawaiian Baked Beans Coleslaw Apple Blueberry Cobbler
5	6	7	8	9
Turkey Breast with Gravy Sweet Potato Soufflé Broccoli Wheat Roll Cranapplesauce	Sweet and Sour Pork Roast Fried Rice Japanese Vegetable Blend Fresh Apple Fortune Cookie	Balsamic Onion Jam Chicken Breast Oven Roasted Sweet Potatoes Brussels Sprouts Wheat Roll Fluffy Fruit Salad	Philly Cheese Steak Delmonico Potatoes Whole Kernel Corn Hoagie Bun Raisins Bread Pudding	King Ranch Chicken Bake Pinto Beans Fiesta Vegetable Blend Wheat Bread Peaches
12	13	14	15	16
Potato Crusted Pollock Tomato Corn Medley Dilled Carrots Dinner Roll Fresh Orange	BBQ Chicken Breast Macaroni and Cheese Seasoned Green Beans Multi-Grain Bread Rosy Applesauce	Cuban Shredded Pork Hawaiian Baked Beans Carrot Coleslaw Whole Wheat Hamburger Bun Pear Crisp	Chicken Cacciatore Garlic Red Pepper Penne Pasta Club Spinach Garlic Breadstick Hot Spiced Apples	Roast Beef with Gravy Whipped Potatoes Succotash Dinner Roll Glazed Fruit
19	20	21	22	23
Swedish Meatballs Egg Noodles Garlic Spinach Multi-Grain Bread Hot Spiced Pears	Garlic Rosemary Chicken Breast Mashed Spiced Yams Brussels Sprouts Wheat Roll Mandarin Oranges	Beef with Gravy and Peppers Whipped Potatoes Mixed Vegetables Dinner Roll Fresh Banana	Chicken and Dumplings Seasoned Green Beans Sliced Carrots Biscuit Fresh Apple	Roast Beef with Gravy Twice Whipped Potatoes Carrots Amandine Wheat Roll Pineapple Tidbits
26	27	28	29	30
Lemon Pepper Fish Macaroni and Cheese Fiesta Vegetable Blend Wheat Bread Glazed Fruit	Beef and Bean Burrito Chili con Carne Mexican Rice Calabasa Squash Fresh Orange	Cranberry Orange Chicken Breast Cut Yams Herbed Green Beans Sourdough Bread Fluffy Fruit Salad	Cheeseburger on Bun Lettuce and Tomato Hawaiian Baked Beans Herbed Potato Salad Peach Crisp	Oven Fried Chicken Cheesy Whipped Potatoes Peas and Carrots Dinner Roll Fresh Apple