

# Meals on Wheels of Solano County

## Senior Dining Menu

### December 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>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.</p> <p><b>Meals are partially funded under the Older Americans Act.</b> Milk is served with every meal.</p>			<p><b>Menu subject to change without notice.</b></p>	
				<b>1</b>
				<p>Chicken A La King Parslied Rice Peas w/Red Peppers Biscuit Mandarin Oranges</p>
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<p>Balsamic Onion Jam Chicken Breast Mashed Spiced Yams Mixed Vegetables Dinner Roll Fresh Orange</p>	<p>Pork Chile Verde Black Beans Fiesta Vegetables Tortilla Seasonal Fruit</p>	<p>Potato Crusted Pollock Macaroni &amp; Cheese Tuscany Vegetable Blend Multi-Grain Bread Fresh Banana</p>	<p>Spinach Artichoke Chicken Breast Brown Rice Green Peas Multi-Grain Bread Pineapple Tidbits</p>	<p>Swedish Meatballs Egg Noodles Brussels Sprouts Dinner Roll Hot Spiced Fruit Oreo Cookies</p>
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<p>Chicken and Rice Bake Seasoned Green Beans Glazed Baby Carrots Biscuit Fresh Apple</p>	<p>Pork Roast w/Red Eyed Gravy Roasted Potatoes Garlic Spinach Multi-Grain Bread Diced Pears</p>	<p>Sweet &amp; Sour Meatballs Steamed Rice Japanese Vegetable Blend Dinner Roll Seasonal Fruit</p>	<p>Breaded Fish Sandwich Delmonico Potatoes Cabbage with Carrots Whole Wheat Hamburger Bun Cinnamon Applesauce</p>	<p>Mediterranean Chicken Breast Lemon Orzo Tuscany Vegetable Blend Multi-Grain Bread Chocolate Chip Cookie Seasonal Fruit</p>
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<p>Lasagna Bake Zucchini Mixed Vegetables Dinner Roll Fresh Orange</p>	<p>Stuffed Salmon w/Dill Sauce Rice Florentine Yellow Squash Dinner Roll Peaches, Pineapples, and Pears</p>	<p>Sliced Turkey Breast w/Gravy Fall Vegetable Hash Seasoned Green Beans Multi-Grain Bread Strawberry Nutri Grain Bar Seasonal Fruit</p>	<p>Jamaican Ginger Chicken Breast Black Beans Parslied Carrots Dinner Roll Diced Peaches</p>	<p><b><u>Christmas Meal</u></b> Sliced Roast Beef w/Gravy Garlic Whipped Potatoes Brussels Sprouts Dinner Roll Marble Cup Cake Fresh Apple</p>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<p><b><i>Closed for Holiday</i></b> Christmas Holiday</p>	<p><b><i>Closed for Holiday</i></b> Christmas Holiday</p>	<p>Oven Fried Chicken Roasted Sweet Potatoes Seasoned Green Beans Dinner Roll Pineapple Tidbits</p>	<p>Hamburger Patty on Bun Lettuce/Tomato Tater Tots Baked Beans Fresh Orange</p>	<p><b><u>New Years Day Meal</u></b> Glazed Turkey Ham Pinto Beans Cabbage w/Carrots Cornbread Ambrosia Salad</p>