

# Meals on Wheels of Solano County

## Home Delivered Meals 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>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 partially funded by the Older Americans Act.</p>			<p><b>Menu subject to change without notice.</b></p>	
				<b>1</b>
				<p>Three Way Chili Yellow Rice Mexican Corn Saltine Crackers Citrus Fruit</p>
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<p>Meatloaf w/Brown Gravy Country Potatoes Glazed Baby Carrots Dinner Roll Diced Peaches</p>	<p>Bruschetta Chicken Garlic w/Red Pepper Penne Club Spinach Multi-Grain Bread Apple Crisp</p>	<p>Carne Guisada Fiesta Rice Ranch Beans Whole Grain Tortilla Peaches, Pineapples, and Pears</p>	<p>BBQ Pulled Pork Sandwich Garlic Whipped Potatoes California Vegetable Blend Seasonal Fruit</p>	<p>Chicken A La King Parslied Rice Peas w/Red Peppers Biscuit Mandarin Oranges</p>
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</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>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</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>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<p><b>Closed for Holiday</b> Christmas Holiday</p>	<p><b>Closed for Holiday</b> Christmas Holiday</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>Sliced Roast Beef w/Gravy Garlic Whipped Potatoes Brussels Sprouts Dinner Roll Marble Cup Cake Fresh Apple</p>