

Meals on Wheels of Solano County Home Delivered Allergy Menu January 2018

Suggested Meal Donation of \$3.00

Yours 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

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. **Menus subject to change without notice**

Monday	Tuesday	Wednesday	Thursday	Friday
1 Closed for Holiday	2 Stuffed Salmon w/Dill Sauce - Fish, Wheat, Rice Florentine Yellow Squash Dinner Roll - Wheat Peaches, Pineapples, and Pears	3 Oven Fried Chicken - Wheat, Soy Roasted Sweet Potatoes - Soy Seasoned Green Beans Dinner Roll - Wheat Pineapple Tidbits	4 Hamburger Patty on Bun - Wheat, Soy Lettuce/Tomato Tater Tots Baked Beans - Soy Fresh Orange	5 Glazed Turkey Ham Pinto Beans Cabbage w/Carrots Cornbread - Eggs, Milk, Soy, Wheat Ambrosia Salad - Milk
8 Lasagna Bake - Wheat, Soy, Milk Zucchini Mixed Vegetables Dinner Roll - Wheat Fresh Orange	9 Cuban Shredded Pork Hawaiian Baked Beans Carrot Slaw - Eggs Hamburger Bun - Soy, Wheat Cranapple Crisp - Soy	10 Asian Meatballs - Soy, Wheat Steamed Rice Seasoned Green Beans Dinner Roll - Wheat Fresh Banana	11 Sliced Turkey Breast Poultry Gravy - Flour, Eggs, Soy Sweet Potato Soufflé - Milk, Soy Brussels Sprouts Multi-Grain Bread - Wheat, Milk, Soy Tropical Fruit	12 Chicken Rotini Pasta Bake - Wheat, Milk Green Peas Yellow Squash Dinner Roll - Wheat Fresh Orange
15 Closed for Holiday	16 Salisbury Beef w/Peppers - Milk, Soy, Wheat Garlic Whipped Potatoes - Milk Spinach Dinner Roll - Wheat Fresh Plum	17 Sesame Mustard Pork Roast - Soy Rice Florentine Whole Kernel Corn Wheat Roll - Wheat Fresh Orange	18 Beef Patty - Soy Lettuce and Tomato Tater Tots - Soy Ranch Beans - Soy Hamburger Bun - Soy, Wheat Peaches, Pineapple, & Pears	19 Chicken Cacciatore - Milk, Soy, Wheat Whole Grain Penne - Wheat, Soy California Vegetables Biscuit - Milk, Soy, Wheat Fresh Apple
22 Beef Stroganoff - Wheat, Soy, Milk, Egg Noodles - Eggs, Soy, Wheat California Vegetables Multi-Grain Bread - Wheat, Milk, Soy Fresh Apple	23 Salisbury Beef w/Peppers - Milk, Soy, Wheat Garlic Whipped Potatoes - Milk Spinach Dinner Roll - Wheat Fresh Plum	24 Sesame Mustard Pork Roast - Soy Rice Florentine Whole Kernel Corn Wheat Roll - Wheat Fresh Orange	25 Beef Patty - Soy Lettuce and Tomato Tater Tots - Soy Ranch Beans - Soy Hamburger Bun - Soy, Wheat Peaches, Pineapple, & Pears	26 Chicken Cacciatore - Milk, Soy, Wheat Whole Grain Penne - Wheat, Soy California Vegetables Biscuit - Milk, Soy, Wheat Fresh Apple
29 Roast Beef w/Gravy - Milk, Soy, Wheat Creamy Potatoes - Milk, Soy, Wheat Country Vegetable Blend Multi-Grain Bread - Wheat, Milk, Soy Mandarin Oranges	30 Turkey Ham & White Beans - Soy Broccoli Glazed Baby Carrots - Milk, Soy Cornbread - Eggs, Milk, Soy, Wheat Pineapple Tidbits	31 Honey Balsamic Chicken - Soy Mashed Spiced Yams - Milk, Soy Black-eyed Peas Dinner Roll - Wheat Diced Pears	Milk is served with every meal. Margarine is served with every meal unless another condiment is noted. Allergen in milk is milk. Allergens in margarine are milk and soy.	