

Meals on Wheels of Solano County Senior Dining Allergy Menu January 2018

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

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 Cuban Shredded Pork Hawaiian Baked Beans Carrot Slaw - Eggs Hamburger Bun - Soy, Wheat Cranapple Crisp - Soy	3 Asian Meatballs - Soy, Wheat Steamed Rice Seasoned Green Beans Dinner Roll - Wheat Fresh Banana	4 Sliced Turkey Breast Poultry Gravy - Flour, Eggs, Soy Sweet Potato Soufflé - Milk, Soy Brussels Sprouts Multi-Grain Bread - Wheat, Milk, Soy Tropical Fruit	5 Chicken Rotini Pasta Bake - Wheat, Milk Green Peas Yellow Squash Dinner Roll - Wheat Fresh Orange
8 Beef Stroganoff - Wheat, Soy, Milk, Egg Noodles - Eggs, Soy, Wheat California Vegetables Multi-Grain Bread - Wheat, Milk, Soy Fresh Apple	9 Fajita Chicken Black Beans Mexican Rice - Eggs, Soy Whole Grain Tortilla - Wheat Fresh Orange Taco Sauce Sour Cream - Milk	10 Potato Crusted Pollock - Fish, Milk, Wheat Oven Roasted Potatoes - Soy Glazed Baby Carrots - Milk, Soy Multi-Grain Bread - Wheat, Milk, Soy Pineapple Tidbits Tarter Sauce - Eggs, Soy	11 Chicken w/Supreme Sauce - Milk, Soy Lyonnais Potatoes - Milk, Soy Green Peas Dinner Roll - Wheat Fresh Banana	12 Turkey Pot Pie - Milk, Soy, Wheat, Eggs Tuscany Vegetable Blend Whole Kernel Corn Dinner Roll - Wheat Applesauce
15	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 Roast Beef w/Gravy - Milk, Soy, Wheat Creamy Potatoes - Milk, Soy, Wheat Country Vegetable Blend Multi-Grain Bread - Wheat, Milk, Soy Mandarin Oranges	23 Turkey Ham & White Beans - Soy Broccoli Glazed Baby Carrots - Milk, Soy Cornbread - Eggs, Milk, Soy, Wheat Pineapple Tidbits	24 Honey Balsamic Chicken - Soy Mashed Spiced Yams - Milk, Soy Black-eyed Peas Dinner Roll - Wheat Diced Pears	25 Pork Chop Piccata - Milk, Soy Twice Whipped Potatoes - Milk, Soy Mixed Vegetables Multi-Grain Bread - Wheat, Milk, Soy Applesauce	26 Spaghetti Meat Sauce Spaghetti Noodles - Wheat Broccoli w/Red Peppers Garlic Breadstick - Wheat Mixed Fruit Cobbler - Milk, Soy, Wheat
29 Lemon Pepper Fish - Fish, Soy Macaroni & Cheese - Wheat, Milk, Soy Glazed Carrots - Milk, Soy Multi-Grain Bread - Wheat, Milk, Soy Peaches, Pineapple, & Pears	30 Beef Chili w/Beans Baked Potato Broccoli Saltine Crackers - Wheat, Soy Fresh Plum Sour Cream - Milk	31 Vegetable Lasagna - Wheat, Eggs, Milk Spinach Cucumber Tomato Salad Dinner Roll - Wheat Peach Crisp - Milk, Soy, Wheat	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.	