

# Meals on Wheels of Solano County Senior Dining Allergy Menu February 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](http://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
				
			<b>1</b>	<b>2</b>
			BBQ Chicken Breast - Soy Corn O'Brien Pasta Salad - Soy, Wheat Dinner Roll - Wheat Hot Mandarin Oranges & Pineapple	Meatloaf w/Brown Gravy - Wheat, Soy Whipped Potatoes - Milk, Soy Mixed Vegetables Multi-Grain Bread - Wheat, Milk, Soy Diced Pears
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
Oven Fried Chicken - Wheat, Soy Delmonico Potatoes - Milk, Soy Collard Greens Cornbread - Eggs, Milk, Soy, Wheat Fruit Cocktail	Cuban Shredded Pork Hawaiian Baked Beans Carrot Slaw - Eggs Hamburger Bun - Soy, Wheat Cranapple Crisp - Soy	Asian Meatballs - Soy, Wheat Steamed Rice Seasoned Green Beans Dinner Roll - Wheat Fresh Banana	Sliced Turkey Breast Poultry Gravy - Flour, Eggs, Soy Sweet Potato Soufflé - Milk, Soy Brussels Sprouts Multi-Grain Bread - Wheat, Milk, Soy Tropical Fruit	Chicken Rotini Pasta Bake - Wheat, Milk Green Peas Yellow Squash Dinner Roll - Wheat Fresh Orange
<b>12</b>	<b>Fat Tuesday</b> <b>13</b>	<b>Valentine's Day</b> <b>14</b>	<b>15</b>	<b>Lent</b> <b>16</b>
Beef Stroganoff - Wheat, Soy, Milk, Egg Noodles - Eggs, Soy, Wheat California Vegetables Multi-Grain Bread - Wheat, Milk, Soy Fresh Apple	Chicken Sausage Jambalaya - Milk, Soy Mixed Greens Corn O'Brien Dinner Roll - Wheat Seasonal Fruit Mardi Gras Cake - Wheat, Eggs, Soy, Milk	Chicken Alfredo - Milk, Soy, Wheat Glazed Baby Carrots - Milk, Soy Seasoned Green Beans - Soy Garlic Breadstick - Wheat Fresh Apple Strawberry Glazed Cake - Wheat, Eggs, Soy, Milk	Chicken w/Supreme Sauce - Milk, Soy Lyonnais Potatoes - Milk, Soy Green Peas Dinner Roll - Wheat Fresh Banana	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
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>Lent</b> <b>23</b>
<i>Closed for Holiday</i>	Salisbury Beef w/Peppers - Milk, Soy, Wheat Garlic Whipped Potatoes - Milk Spinach Dinner Roll - Wheat Fresh Plum	Sesame Mustard Pork Roast - Soy Rice Florentine Whole Kernel Corn Wheat Roll - Wheat Fresh Orange	Beef Patty - Soy Lettuce and Tomato Tater Tots - Soy Ranch Beans - Soy Hamburger Bun - Soy, Wheat Peaches, Pineapple, & Pears	Lemon Pepper Fish - Fish, Soy Lyonnais Potatoes - Milk, Soy Green Peas Dinner Roll - Wheat Mixed Fruit Tarter Sauce - Eggs, Soy
<b>26</b>	<b>27</b>	<b>28</b>	<b>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.</b>	
Roast Beef w/Gravy - Milk, Soy, Wheat Creamy Potatoes - Milk, Soy, Wheat Country Vegetable Blend Multi-Grain Bread - Wheat, Milk, Soy Mandarin Oranges	Turkey Ham & White Beans - Soy Broccoli Glazed Baby Carrots - Milk, Soy Cornbread - Eggs, Milk, Soy, Wheat Pineapple Tidbits	Honey Balsamic Chicken - Soy Mashed Spiced Yams - Milk, Soy Black-eyed Peas Dinner Roll - Wheat Diced Pears		