

# Meals on Wheels of Solano County

## Senior Dining Allergy Menu

### June 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)

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. Milk is served with every meal.</p> <p><b>Meals are partially funded under the Older Americans Act.</b></p> <p><b>Menu subject to change without notice.</b></p>			<p><b>Milk is served with every meal. Margarine is served with every meal unless another condiment is noted. Allergen to milk is milk. Allergens in margarine are soy and milk.</b></p>	<p><b>1</b></p> <p>Roast Beef w/Gravy-milk, soy, wheat, eggs Garlic Whipped Potatoes-soy, milk Yellow Squash-soy, milk Dinner Roll-wheat Fresh Banana</p>
<p><b>4</b></p> <p>Swedish Meatballs-milk, soy, wheat, eggs Egg Noodles-eggs, soy, wheat Garden Vegetable Blend-soy, milk Multi-Grain Bread-wheat, milk, soy Hot Spiced Fruit</p>	<p><b>5</b></p> <p>Chicken Tetrizzini-milk, wheat, egg Whole Kernel Corn-soy, milk California Vegetable Blend Dinner Roll-wheat Fresh Orange</p>	<p><b>6</b></p> <p>Beef Tips w/Gravy-milk, soy, wheat, eggs Lyonnise Potatoes-soy, milk Mixed Vegetables Dinner Roll-wheat Fresh Banana</p>	<p><b>7</b></p> <p>Lemon Pepper Fish-fish, wheat Cheesy Rice-milk, soy Green Beans-soy, milk Whole Grain Roll-wheat Pineapple Tidbits</p>	<p><b>8</b></p> <p>Pork Rib Patty-soy Ranch Beans-soy Broccoli Salad-soy Hamburger Bun-soy, wheat Apple Cherry Crunch-flour, soy, milk</p>
<p><b>11</b></p> <p>Chicken &amp; Dumplings-milk, wheat, egg, soy Seasoned Green Beans-soy Sliced Carrots Biscuit-milk, wheat Fresh Apple</p>	<p><b>12</b></p> <p>Beef &amp; Bean Burrito w/Chili con Carne-milk, soy, wheat Mexican Rice-egg, rice Calabasa Squash Fresh Orange</p>	<p><b>13</b></p> <p>Spinach Artichoke Chicken-soy, flour Cut Yams Whole Kernel Corn Garlic Breadstick-wheat Fluffy Fruit Salad-milk, soy</p>	<p><b>14</b></p> <p>Beef Patty with Swiss Cheese--soy, milk Lettuce &amp; Tomato Hawaiian Baked Beans Coleslaw-egg, soy Hamburger Bun-soy, wheat Peach Crisp-milk, soy</p>	<p><b><u>Father's Day Holiday Meal</u> 15</b></p> <p>Pork Roast w/Gravy-flour Oven Roasted Potatoes-soy Broccoli with Cheese-milk, soy Dinner Roll-wheat Ambrosia Salad-milk, soy, nuts</p>
<p><b>18</b></p> <p>Glazed Turkey Ham Sweet Potato Casserole-soy Broccoli Dinner Roll-wheat Fresh Apple</p>	<p><b>29</b></p> <p>Homestyle Chicken &amp; Rice Bake-milk, soy, flour Herbed Green Peas Parslied Carrots Cornbread-egg, milk, soy, wheat Pineapple Tidbits</p>	<p><b>20</b></p> <p>Meatloaf w/Brown Gravy-egg, milk, soy, wheat Whipped Potatoes-milk, soy Mixed Vegetables Dinner Roll-wheat Fresh Banana</p>	<p><b>21</b></p> <p>Potato Crusted Pollock-fish, milk, wheat Rice Florentine- Corn &amp; Lima Beans-milk, soy Dinner Roll-wheat Fresh Orange</p>	<p><b>22</b></p> <p>Beef Meat Sauce Spaghetti Noodles-wheat, soy Seasoned Green Beans-milk, soy Tossed Salad Dinner Roll-wheat Hot Spiced Pears</p>
<p><b>25</b></p> <p>Beef Jardine-eggs, milk, soy Country Potatoes-milk Spinach Wheat Bread-wheat Fresh Orange</p>	<p><b>26</b></p> <p>Mu Shu Pork-soy, wheat Brown Rice Japanese Vegetable Blend-soy Multi-Grain Bread-wheat, milk, soy Fresh Plum Fortune Cookie-wheat, soy</p>	<p><b>27</b></p> <p>Balsamic Onion Jam Chicken-soy Oven Roasted Sweet Potatoes-soy Brussels Sprouts Wheat Roll-wheat Fresh Apple</p>	<p><b>28</b></p> <p>Beef Taco Salad-wheat Shredded Cheese-milk Black Beans Whole Grain Tortilla Chips-soy Hot Mandarin Oranges &amp; Pineapple Tidbits</p>	<p><b>29</b></p> <p>Garlic Rosemary Chicken-milk, soy, wheat Lemon Orzo-wheat Glazed Baby Carrots Dinner Roll-wheat Diced Peaches</p>