

Meals on Wheels of Solano County
Home Delivered Meals Allergy Menu
April 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

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Cranberry Orange Chicken Breast Wild Rice - Milk, Soy Squash Casserole - Milk, Soy, Wheat Dinner Roll - Wheat Pineapple Tidbits	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 Rosemary Potatoes - Soy Squash Casserole - Milk, Soy, Wheat Dinner Roll - Wheat Ambrosia Pudding - Milk, Soy Tarter Sauce - Eggs, Soy
9	10	11	12	13
Glazed Turkey Ham Oven Roasted Sweet Potatoes - soy Seasoned Green Beans - soy Dinner Roll - wheat Coconut Cake - milk, soy, wheat, egg Pineapple Tidbits	Beef & Bean Burrito w/Chili con Carne-milk, soy, wheat Mexican Rice-Egg, Soy Calabasa Squash Fresh Orange	Spinach Artichoke Chicken-soy, flour Cut Yams Whole Kernel Corn Garlic Breadstick-wheat Fluffy Fruit Salad-milk, soy	Beef Patty with Swiss Cheese-soy, milk Lettuce & Tomato Hawaiian Baked Beans Coleslaw-egg, soy Hamburger Bun-soy, wheat Peach Crisp-milk, soy	Pork Roast w/Red Eye Gravy-soy Wild Rice-milk, soy Mixed Vegetables Wheat Bread-wheat Pineapple Tidbits
16	17	18	19	20
Glazed Turkey Ham Sweet Potato Casserole-soy, milk Broccoli Dinner Roll-wheat Fresh Apple	Homestyle Chicken & Rice Bake-milk, soy, flour Herbed Green Peas Parslied Carrots Cornbread-egg, milk, soy, wheat Pineapple Tidbits	Meatloaf w/Brown Gravy-eggs, milk, soy, wheat, flour Whipped Potatoes-milk, soy Mixed Vegetables Dinner Roll-wheat Fresh Banana	Potato Crusted Pollock-fish, milk, wheat Rice Florentine Corn & Lima Beans-milk, soy Dinner Roll-wheat Fresh Orange	Beef Meat Sauce Spaghetti Noodles-wheat, soy Seasoned Green Beans-soy Tossed Salad Dinner Roll-wheat Hot Spiced Pears
23	24	25	26	27
Beef Jardine-eggs, milk, soy, wheat Country Potatoes-milk Spinach Wheat Bread-wheat Fresh Orange	Mu Shu Pork-soy, wheat Brown Rice Japanese Vegetable Blend-soy Multi-Grain Bread-wheat, milk, soy Fresh Plum Fortune Cookie-wheat, soy	Balsamic Onion Jam Chicken-soy Oven Roasted Sweet Potatoes-soy Brussels Sprouts Wheat Roll-wheat Fresh Apple	Beef Taco Salad-wheat Shredded Cheese-milk Black Beans Whole Grain Tortilla Chips-soy Hot Mandarin Oranges & Pineapple Tidbits	Garlic Rosemary Chicken-milk, soy, wheat Lemon Orzo-wheat Glazed Baby Carrots Dinner Roll-wheat Diced Peaches
30	<p>Remember: If you do not heat and eat your meal when it is delivered, put the meal in the freezer and the cold items in the refrigerator right away. Heat your meal in a microwave, following the instructions on the meal. If you have not eaten your frozen meal by the expiration date, throw it away. Be sure to wash fresh fruit before eating. We appreciate your comments and feedback. Just send a note with your contribution or call us. Milk is served with every meal.</p> <p style="text-align: center;">Meals are partially funded under the Older Americans Act.</p> <p style="text-align: center;">Menu subject to change without notice.</p>			30
Pesto Rice & Chicken Bake-milk, soy, wheat Broccoli Dilled Carrots Garlic Breadstick-wheat Diced Pears				<p>Milk is served with every meal.</p> <p>Margarine is served with every meal unless another condiment is noted. Allergen to milk is milk.</p> <p>Allergens in margarine are soy and milk.</p>