

Meals on Wheels of Solano County
Home Delivered Meals Allergy Menu
May 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
<p>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.</p>	<p>1</p> <p>Swiss Steak-milk, soy, wheat, flour Macaroni & Cheese-milk, soy, wheat Seasoned Green Beans-soy Multi-Grain Bread-wheat, milk, soy Fresh Apple</p>	<p>2</p> <p>Cuban Shredded Pork Hawaiian Baked Beans Carrot Slaw-egg, soy Hamburger Bun-wheat, soy Hot Glazed Peaches</p>	<p>3</p> <p>Chicken Cacciatore-milk, wheat, eggs, soy, flour Garlic & Red Pepper Penne-wheat, soy Club Spinach-soy, milk, wheat Dinner Roll-wheat Bread Pudding-soy, wheat, egg, milk Raisins</p>	<p>4</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>7</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>8</p> <p>Chicken Tetrizzini-milk, wheat, egg, Whole Kernel Corn-soy, milk California Vegetable Blend Dinner Roll-wheat Fresh Orange</p>	<p>9</p> <p>Beef Tips w/Gravy-milk, soy, wheat, eggs Lyonnaise Potatoes-soy, milk Mixed Vegetables Dinner Roll-wheat Fresh Banana</p>	<p>10</p> <p>Lemon Pepper Fish-fish, wheat Cheesy Rice-milk, soy Green Beans-soy, milk Whole Grain Roll-wheat Pineapple Tidbits</p>	<p>11</p> <p>Pork Rib Patty-soy Ranch Beans-soy Broccoli Salad-soy Hamburger Bun-soy, wheat Apple Cherry Crunch-flour, soy, milk</p>
<p>14</p> <p>Chicken & Dumplings-milk, wheat, eggs, soy Seasoned Green Beans-soy Sliced Carrots Biscuit-milk, wheat Fresh Apple</p>	<p>15</p> <p>Beef & Bean Burrito w/Chili con Carne-milk, soy, wheat Mexican Rice-egg, rice Calabasa Squash Fresh Orange</p>	<p>16</p> <p>Spinach Artichoke Chicken-soy, flour Cut Yams Whole Kernel Corn Garlic Breadstick-wheat Fluffy Fruit Salad-milk, soy</p>	<p>17</p> <p>Beef Patty with Swiss Cheese-soy, milk Lettuce & Tomato Hawaiian Baked Beans Coleslaw-egg, soy Hamburger Bun-soy, wheat Peach Crisp-milk, soy</p>	<p>18</p> <p>Pork Roast w/Gravy-flour Baked Sweet Potato California Vegetable Blend Multi-Grain Bread-wheat, milk, soy Strawberry Glazed Pound Cake-egg, milk, wheat, flour Fresh Apple</p>
<p>21</p> <p>Glazed Turkey Ham Sweet Potato Casserole-soy Broccoli Dinner Roll-wheat Fresh Apple</p>	<p>22</p> <p>Homestyle Chicken & Rice Bake-milk, soy, flour Herbed Green Peas Parslied Carrots Cornbread-egg, milk, soy, wheat Pineapple Tidbits</p>	<p>23</p> <p>Meatloaf w/Brown Gravy-eggs, milk, soy, wheat Whipped Potatoes-milk, soy Mixed Vegetables Dinner Roll-wheat Fresh Banana</p>	<p>24</p> <p>Potato Crusted Pollock-fish, milk, wheat Rice Florentine Corn & Lima Beans-milk, soy Dinner Roll-wheat Fresh Orange</p>	<p>25</p> <p>Beef Meat Sauce Spaghetti Noodles-wheat, soy Seasoned Green Beans-soy Tossed Salad Dinner Roll-wheat Hot Spiced Pears</p>
<p>28</p> <p>Closed for Holiday</p>	<p>29</p> <p>Mu Shu Pork-soy, wheat Brown Rice Japanese Vegetable Blend-soy Multi-Grain Bread-wheat, milk, Fresh Plum Fortune Cookie-wheat, soy</p>	<p>30</p> <p>Balsamic Onion Jam Chicken-soy Oven Roasted Sweet Potatoes-soy Brussels Sprouts Wheat Roll-wheat Fresh Apple</p>	<p>31</p> <p>Beef Taco Salad-wheat Shredded Cheese-milk Black Beans Whole Grain Tortilla Chips-soy Hot Mandarin Oranges & Pineapple Tidbits</p>	<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. Meals are partially funded under the Older Americans Act. Menus are subject to change without notice.</p>