

Meals on Wheels of Solano County

Home Delivered Meals Menu

July 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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Beef Jardine Country Potatoes Spinach Wheat Bread Fresh Orange</p>	<p>3</p> <p>Mu Shu Pork Brown Rice Japanese Vegetable Blend Multi-Grain Bread Fresh Plum Fortune Cookie</p>	<p>4</p> <p><i>Closed for Holiday</i></p> 	<p>5</p> <p>Beef Taco Salad Shredded Cheese Black Beans Whole Grain Tortilla Chips Hot Mandarin Oranges & Pineapple Tidbits</p>	<p>6</p> <p>Garlic Rosemary Chicken Lemon Orzo Glazed Baby Carrots Dinner Roll Diced Peaches</p>
<p>9</p> <p>Lemon Pepper Fish Cheesy Potatoes Glazed Carrots Dinner Roll Diced Peaches</p>	<p>10</p> <p>BBQ Pork Rib Patty Hawaiian Baked Beans Coleslaw Dinner Roll Peach Cobbler</p>	<p>11</p> <p>Balsamic Onion Jam Chicken Oven Roasted Sweet Potatoes Brussels Sprouts Wheat Roll Fresh Apple</p>	<p>12</p> <p>Pork Roast Sesame Mustard Sauce Fried Rice Japanese Vegetable Blend Multi-Grain Bread Fresh Apple</p>	<p>13</p> <p>Beef Patty Lettuce and Tomato Roasted Sweet Potatoes Green Beans Hamburger Bun Fresh Orange</p>
<p>16</p> <p>Beef Enchilada Pie Chuckwagon Corn Fiesta Vegetable Blend Multi-Grain Bread Mixed Fruit</p>	<p>17</p> <p>Sliced Turkey Breast Balsamic Onion Jam Sweet Potato Casserole Garden Vegetable Blend Multi-Grain Bread Pineapple Tidbits</p>	<p>18</p> <p>Chicken Gumbo Parslied Rice Broccoli Whole Grain Saltine Crackers Fresh Apple</p>	<p>19</p> <p>Swiss Steak Garlic Whipped Potatoes Sliced Carrots Wheat Bread Diced Pears</p>	<p>20</p> <p>BBQ Pulled Pork Pinto Beans Carrot Slaw Whole Wheat Hamburger Bun Hot Glazed Peaches</p>
<p>23</p> <p>Salisbury Beef with Gravy Mashed Spiced Yams Lima Beans Multi-Grain Bread Fresh Orange</p>	<p>24</p> <p>Turkey Sausage with Onions and Peppers Whole Kernel Corn Capri Vegetable Blend Hot Dog Bun Diced Peaches</p>	<p>25</p> <p>Spanish Beef Patty Garlic and Red Pepper Penne California Vegetable Blend Whole Grain Roll Fresh Banana</p>	<p>26</p> <p>Potato Crusted Pollock Whipped Potatoes Glazed Baby Carrots Multi-Grain Bread Fresh Apple</p>	<p>27</p> <p>Pork Roast with Brown Gravy Seasoned Green Beans Cabbage Cornbread Fresh Plum</p>
<p>30</p> <p>Stuffed Salmon w/Dill Sauce Rice Florentine Brussels Sprouts Dinner Roll Fresh Apple</p>	<p>31</p> <p>Honey Balsamic Chicken Breast Lyonnais Potatoes Carrots Amandine Whole Grain Roll Fresh Banana</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.</p> <p>Menu subject to change without notice.</p>		