

Meals on Wheels of Solano County

Senior Dining Menu

September 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>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>Meals are partially funded under the Older Americans Act.</p> <p>Menu subject to change without notice.</p>				
<p>3</p> <p><i>Closed for Holiday</i></p> 	<p>4</p> <p>Mu Shu Pork Confetti Rice Herbed Green Peas Multi-Grain Bread Fresh Orange Fortune Cookie</p>	<p>5</p> <p>Roast Beef with Gravy Oven Roasted Potatoes California Vegetable Blend Whole Wheat Hamburger Bun Fresh Banana</p>	<p>6</p> <p>BBQ Chicken Breast Baked Beans Corn Salad Multi-Grain Bread Cranapple Crisp</p>	<p>7</p> <p>Charbroiled Beef with Gravy and Peppers Country Potatoes Sliced Carrots Dinner Roll Fresh Apple</p>
<p>10</p> <p>Lemon Pepper Fish Cheesy Potatoes Glazed Carrots Dinner Roll Diced Peaches</p>	<p>11</p> <p>Meatloaf with Brown Gravy Whipped Potatoes Mixed Vegetables Dinner Roll Fresh Banana</p>	<p>12</p> <p>Baked Chicken Breast Cranberry Orange Sauce Macaroni & Cheese Club Spinach Dinner Roll Fluffy Fruit Salad</p>	<p>13</p> <p>Pork Roast Sesame Mustard Sauce Fried Rice Japanese Vegetable Blend Multi-Grain Bread Fresh Apple</p>	<p>14</p> <p>Beef Patty Lettuce and Tomato Roasted Sweet Potatoes Green Beans Hamburger Bun Fresh Orange</p>
<p>17</p> <p>Beef Enchilada Pie Chuckwagon Corn Fiesta Vegetable Blend Multi-Grain Bread Mixed Fruit</p>	<p>18</p> <p>Sliced Turkey Breast Balsamic Onion Jam Sweet Potato Casserole Garden Vegetable Blend Multi-Grain Bread Pineapple Tidbits</p>	<p>19</p> <p>Chicken Gumbo Parslied Rice Broccoli Whole Grain Saltine Crackers Fresh Apple</p>	<p>20</p> <p>Swiss Steak Garlic Whipped Potatoes Sliced Carrots Wheat Bread Diced Pears</p>	<p>21</p> <p>BBQ Pulled Pork Pinto Beans Carrot Slaw Whole Wheat Hamburger Bun Hot Glazed Peaches</p>
<p>24</p> <p>Salisbury Beef with Gravy Mashed Spiced Yams Lima Beans Multi-Grain Bread Fresh Orange</p>	<p>25</p> <p>Turkey Sausage with Onions and Peppers Whole Kernel Corn Capri Vegetable Blend Hot Dog Bun Diced Peaches</p>	<p>26</p> <p>Spanish Beef Patty Garlic and Red Pepper Penne California Vegetable Blend Whole Grain Roll Fresh Banana</p>	<p>27</p> <p>Potato Crusted Pollock Whipped Potatoes Glazed Baby Carrots Multi-Grain Bread Fresh Apple</p>	<p>28</p> <p>Pork Roast with Brown Gravy Seasoned Green Beans Cabbage Cornbread Fresh Plum</p>