

# Meals on Wheels of Solano County

## Home Delivered Meals 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](http://www.mealsonwheelssolano.org)

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Remember:</b> 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. <b>Meals are partially funded under the Older Americans Act.</b></p> <p><b>Menu subject to change without notice.</b></p>				
<p><b>3</b></p> <p><i>Closed for Holiday</i></p> 	<p><b>4</b></p> <p>Honey Balsamic Chicken Breast Lyonnais Potatoes Carrots Amandine Whole Grain Roll Fresh Banana</p>	<p><b>5</b></p> <p>Lasagna Bake Broccoli Mixed Green Salad Multi-Grain Bread Hot Spiced Apples</p>	<p><b>6</b></p> <p>Pork Chile Verde Spanish Rice Black Beans Flour Tortilla Fresh Orange</p>	<p><b>7</b></p> <p>Beef Patty Lettuce and Tomato Tater Tots Seasoned Green Beans Whole Wheat Hamburger Bun Fresh Apple Chocolate Chip Cookie</p>
<p><b>10</b></p> <p>Stuffed Salmon w/Dill Sauce Rice Florentine Brussels Sprouts Dinner Roll Fresh Apple</p>	<p><b>11</b></p> <p>Mu Shu Pork Confetti Rice Herbed Green Peas Multi-Grain Bread Fresh Orange Fortune Cookie</p>	<p><b>12</b></p> <p>Roast Beef with Gravy Oven Roasted Potatoes California Vegetable Blend Whole Wheat Hamburger Bun Fresh Banana</p>	<p><b>13</b></p> <p>BBQ Chicken Breast Baked Beans Corn Salad Multi-Grain Bread Cranapple Crisp</p>	<p><b>14</b></p> <p>Charbroiled Beef with Gravy and Peppers Country Potatoes Sliced Carrots Dinner Roll Fresh Apple</p>
<p><b>17</b></p> <p>Lemon Pepper Fish Cheesy Potatoes Glazed Carrots Dinner Roll Diced Peaches</p>	<p><b>18</b></p> <p>Meatloaf with Brown Gravy Whipped Potatoes Mixed Vegetables Dinner Roll Fresh Banana</p>	<p><b>19</b></p> <p>Baked Chicken Breast Cranberry Orange Sauce Macaroni &amp; Cheese Club Spinach Dinner Roll Fluffy Fruit Salad</p>	<p><b>20</b></p> <p>Pork Roast Sesame Mustard Sauce Fried Rice Japanese Vegetable Blend Multi-Grain Bread Fresh Apple</p>	<p><b>21</b></p> <p>Beef Patty Lettuce and Tomato Roasted Sweet Potatoes Green Beans Hamburger Bun Fresh Orange</p>
<p><b>24</b></p> <p>Beef Enchilada Pie Chuckwagon Corn Fiesta Vegetable Blend Multi-Grain Bread Mixed Fruit</p>	<p><b>25</b></p> <p>Sliced Turkey Breast Balsamic Onion Jam Sweet Potato Casserole Garden Vegetable Blend Multi-Grain Bread Pineapple Tidbits</p>	<p><b>26</b></p> <p>Chicken Gumbo Parslied Rice Broccoli Whole Grain Saltine Crackers Fresh Apple</p>	<p><b>27</b></p> <p>Swiss Steak Garlic Whipped Potatoes Sliced Carrots Wheat Bread Diced Pears</p>	<p><b>28</b></p> <p>BBQ Pulled Pork Pinto Beans Carrot Slaw Whole Wheat Hamburger Bun Hot Glazed Peaches</p>