

**February 2025  
Lunch Menu**



**Suggested Contribution  
\$5.00 per meal**

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| Monday   | Tuesday  | Wednesday   | Thursday  | Friday  |
|--|--|---|---|---|
| <b>3</b>   | <b>4</b>   | <b>5</b>  | <b>6</b>  | <b>7</b>  |
| Tofu Fajitas w/Onions & Peppers<br>Pinto Beans<br>Fiesta Vegetable Blend***<br>Fresh Pear<br>Milk<br>Taco Sauce          | Gardein Chicken Gumbo<br>Brown Rice<br>Broccoli*<br>Applesauce*<br>Sugar Cookie<br>Milk  | Plant-based Meatballs w/Au Jus Gravy<br>Whipped Potatoes*<br>Tossed Salad<br>Whole Wheat Bread<br>Fresh Apple<br>Chocolate Milk<br>Italian Salad Dressing | Creamy Paprika Gardein Chicken<br>Whole Grain Rotini Pasta<br>Corn & Carrots**<br>Brussels Sprouts*<br>Fresh Pear<br>Milk                     | Cheese Omelet w/Bruschetta<br>Tater Tots<br>Spinach**<br>Whole Wheat Bread<br>Fresh Orange*<br>Milk<br>Ketchup  |
| <b>10</b>  | <b>11</b>  | <b>12</b>   | <b>13</b>   | <b>14</b>   |
| Vegetarian Chili<br>Whole Kernel Corn<br>Green Beans w/Carrots**<br>Whole Grain Roll<br>Fresh Orange*<br>Milk            | Tofu Stir Fry**<br>(Mixed Vegetables in Entrée)<br>Brown Rice<br>Broccoli*<br>Fresh Apple<br>Milk  | Chickpea & Black Bean Salad<br>Tossed Salad<br>Whole Grain Dinner Roll<br>Tropical Fruit*<br>Milk   | Gardein Beef Strips w/Au Jus Gravy<br>Whipped Potatoes*<br>Mixed Vegetable Blend**<br>Whole Grain Dinner Roll<br>Fresh Pear<br>Chocolate Milk | <b>Valentine's Day Meal</b><br>Spinach Vegetable Lasagna**<br>*(WG Pasta in entrée)<br>Green Peas<br>Cauliflower*<br>Fresh Pear<br>Milk   |
| <b>17</b>  | <b>18</b>  | <b>19</b>   | <b>20</b>   | <b>21</b>   |
| Vegetarian Sloppy Joe<br>Tater Tots<br>Broccoli w/Cartos***<br>Whole Grain Hamburger Bun<br>Fresh Pear<br>Chocolate Milk | Cheesy Vegetable Pasta Bake<br>(WG Pasta in Entrée)<br>Garden Vegetable Blend***<br>Fresh Apple<br>Milk<br>Graham Crackers               | Tofu Al Pastor<br>Brown Rice<br>Southwest Corn*<br>Carrots**<br>Fresh Pear<br>Milk  | Gardein Beef Strips w/Au Jus Gravy<br>Whipped Potatoes*<br>Green Beans<br>Whole Grain Dinner Roll<br>Fresh Apple<br>Milk<br>Margarine         | Morningstar Breaded Chicken<br>WG Macaroni & Cheese<br>Peas & Carrots**<br>Tropical Fruit*<br>Milk  |
| <b>24</b>  | <b>25</b>  | <b>26</b>   | <b>27</b>   | <b>28</b>   |
| Plant-based Meatballs w/Marinara<br>Whole Grain Rotini Pasta<br>Tuscany Vegetable Blend***<br>Fresh Apple<br>Milk        | Gardein Chicken Breast<br>Hawaiian Baked Beans<br>Carrots**<br>Whole Grain Hamburger Bun<br>Fresh Orange*<br>Chocolate Milk<br>BBQ Sauce | Gardein Chicken Tortilla Soup<br>California Vegetable Blend***<br>Tossed Salad<br>WG Tortilla Chips<br>Fresh Apple<br>Milk<br>Ranch Salad Dressing        | Tofurky w/Gravy<br>Whipped Potatoes*<br>Brussels Sprouts*<br>Whole Grain Dinner Roll<br>Fresh Pear<br>Milk                                    | Tofu Fried Rice<br>(Brown Rice in Entrée)<br>Green Peas<br>Japanese Vegetable Blend*<br>Fresh Apple<br>Milk<br>Fortune Cookie   |
|  |  |   |   | <p style="text-align: right;">WG = Whole Grain<br/>*Indicates High Vitamin C Source<br/>**Indicates High Vitamin A Source<br/>***Indicates High Vitamin A and Vitamin C Source</p> <p style="text-align: right;"> Denotes sodium &gt; 1000mg</p> |