

Meals on Wheels- Spring

April 1-30, 2019 Menu A

Monday April 1, 2019	Tuesday April 2, 2019	Wednesday April 3, 2019	Thursday April 4, 2019	Friday April 5, 2019
2 Beef and Vegetable Bolognese Garlic Breadstick 66g Carbs Fresh Plum 2% Milk	National Peanut Butter and Jelly Day 3 Egg Omelet PB and Jelly Sandwich Cinnamon Oatmeal 95g Carbs Fruit Cocktail Orange Juice	International Carrot Day 2 American Chicken Chop Suey Sunshine Carrots 72g Carbs Fortune Cookie 2% Milk	National Burrito Day 3 Beef Bean Burrito Spanish Rice Zucchini with Corn 113g Carbs Fresh Peach Chocolate Milk	3 The Max Cheesiest con Queso Pinto Beans Caribbean Blend #1546944 88g Carbs Fresh Banana 2% Milk
April 8, 2019	April 9, 2019	April 10, 2019	April 11, 2019	April 12, 2019
National Empanada Day 3 Beef and Cheese Empanada Spanish Rice Green Beans 84g Carbs Fresh Nectarine 2% Milk	2 Chicken Teriyaki Casserole (Pasta) Oriental Blend 90g Carbs Fresh Banana Chocolate Milk	3 Ketchup Glazed Meatloaf Mashed Potatoes Green Beans 84g Carbs Apple Cinnamon Delights 2% Milk	2 Indian Spiced Stew over Rice Capri Blend 106g Carbs Fresh Plum 2% Milk	National Grilled Cheese Sandwich Day 3 Grilled Cheese Sandwich 6658 Roasted Sweet Potato Brussel Sprouts 106g Carbs Fresh Apple 2% Milk
April 15, 2019	April 16, 2019	April 17, 2019	April 18, 2019	April 19, 2019
3 Mexican Picadillo Spanish Rice Pinto Beans 88g Carbs Fresh Peach Chocolate Milk	National Mushroom Day 2 Spinach and Mushroom Chicken over Pasta with carrots Capri Blend 87g Carbs Fresh Plum 2% Milk	3 BBQ Pork Riblet Mashed Potatoes Green Beans and Tomatoes Wheat Bread 91g Carbs Easter Cookie 2% Milk	Double Meal Delivery 3 Chicken Pot Pie Wheat Biscuit Normandy Blend 60g Carbs Baked Apple with Cinnamon 2% Milk	Chilled Meal-MOW Closed 3 Tuna Salad Coleslaw Dinner Roll 63g Carbs Peach and Oats 2% Milk
April 22, 2019	April 23, 2019	April 24, 2019	April 25, 2019	April 26, 2019
2 Venezuelan-style Beef over Garlicky Rice Garden Blend 78g Carbs Fresh Banana 2% Milk	2 Chicken Pasta Primavera Malibu Blend 82g Carbs Fresh Nectarine 2% Milk	2 Loaded Beef Nachos Tortilla Blue Corn #2901361 76g Carbs Fresh Plum Chocolate Milk	Double Meal Delivery 3 Shepherd's Pie Garden Blend 74g Carbs Fruit Cocktail 2% Milk	Chilled Meal-MOW Closed 3 Chicken Salad Carrot Raisin Salad Dinner Roll 43g Carbs Strawberry and Peaches 2% Milk
April 29, 2019	April 30, 2019			
National Shrimp Scampi Day 2 Shrimp Scampi (pasta) Scandinavian Blend 89g Carbs Fresh Apple 2% Milk	National Oatmeal Cookie Day *Chilled Meal* 2 Southwestern Chicken Salad Ranch 63g Carbs Oatmeal Raisin Cookie 2% Milk		Nutritional Goals Over 600 calories Over 20 grams Less than 100 grams Less than 30% Total Calories Over 7 Grams Less than 1000 milligrams	Monthly Average Calories: 655.10 calories Protein: 38.83 gm Carbohydrate: 83.71 gm Fat: 18.39 gm (25.26% of calories) Fiber: 10.56 gm Sodium: 743.57 mg
Contact Phone Number: 735-5115				
If you need to cancel your meal, please call the office at 735-5115				
Holiday Meal	We will be closed on Friday, April 19, 2019 for Good Friday and Friday, April 26, 2019 for Battle of the Flowers. The holiday meals will be delivered on Thursday, April 18, 2019 and Thursday, April 25, 2019.			
Frozen Meals	FROZEN MEAL entrees are prepared separately and will not be the same as the "Hot Meals" above.			
Comments	The amount of carbohydrates listed includes entree, sides, fruit or dessert, and a carton of milk. Tip: if following a diabetic diet, look at the amount of carbs per meal. If the amount is too high, divide your meal in half and eat a portion of your meal and the rest later, eat your dessert/fruit at a later time, or drink water instead of milk with your meal to reduce the amount of carbs.			
Menu Approved by Rhaizza Velasquez-Garcia, RD, LD License #DT84315 (expires 06/30/2019)				