

Meals on Wheels- Spring

April 1-30, 2019 Menu B

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 Fruit Mix Cup Apple Juice	National Peanut Butter and Jelly Day 3 Egg Omelet PB and Jelly Sandwich Cinnamon Oatmeal Fruit Cocktail Orange Juice	International Carrot Day 2 Sesame Chicken Spaghetti Oriental Blend Butterscotch Pudding Apple Juice	National Burrito Day 3 Beef Bean Burrito #5753025 Rice Pilaf Garden Blend Vanilla Pudding Apple Juice	3 The Max Cheesiest con Queso Chuckwagon Corn Caribbean Blend Assorted Applesauce Apple Juice
April 8, 2019 National Empanada Day 3 Beef and Cheese Empanada Rice Pilaf Green Beans Pineapple Cup Apple Juice	April 9, 2019 2 Teriyaki Chicken Casserole Pasta Oriental Blend Tapioca Apple Juice	April 10, 2019 3 Ketchup Glazed Meatloaf Mediterranean Quinoa Scandinavian Blend Apple Cinnamon Delights Apple Juice	April 11, 2019 2 Chicken Vegetable Linguine Baked Apple with Cinnamon Vanilla Pudding Apple Juice	April 12, 2019 National Grilled Cheese Sandwich Day 2 Grilled Cheese Sandwich 6658 Roasted Sweet Potato Scandinavian Blend Assorted Applesauce Apple Juice
April 15, 2019 Cuban Picadillo Rice Pilaf Country-style Blend Butterscotch Pudding Apple Juice	April 16, 2019 National Mushroom Day 2 Spinach and Mushroom Chicken over Pasta Scandinavian Blend Fruit Mix Cup Apple Juice	April 17, 2019 3 Beef Fajita Chuckwagon Corn Green Beans Flour Tortilla Easter Cookie Apple Juice	April 18, 2019 Double Meal Delivery 3 Chicken Pot Pie Wheat Biscuit Normandy Blend #7546930 Baked Apple with Cinnamon Apple Juice	April 19, 2019 Chilled Meal-MOW Closed 3 Tuna Salad Coleslaw Dinner Roll Peach and Oats Apple Juice
April 22, 2019 2 Venezuelan-style Beef over Garlicky Rice Garden Blend Vanilla Pudding Apple Juice	April 23, 2019 2 Chicken Pasta Primavera Malibu Blend Tapioca Apple Juice	April 24, 2019 2 Loaded Beef Nachos Tortilla Blue Corn #2901361 Pineapple Cup Apple Juice	April 25, 2019 Double Meal Delivery 3 Shepherd's Pie Garden Blend Fruit Cocktail Apple Juice	April 26, 2019 Chilled Meal-MOW Closed 3 Chicken Salad Carrot Raisin Salad Dinner Roll Strawberry and Peaches Apple Juice
April 29, 2019 2 Tasty N' Tender Beef Patty Lemon Orzo with Parmesan Garden Blend Chocolate Pudding Apple Juice	April 30, 2019 National Oatmeal Cookie Day *Chilled Meal* 2 Southwestern Chicken Salad Jalapeno Ranch Oatmeal Raisin Cookie#5815113 Apple Juice		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: 639.01 calories Protein: 30.03 gm Carbohydrate: 89.55 gm Fat:16.21 gm (22.84% of calories) Fiber: 7.88 gm Sodium: 589.01 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	*High potassium meal. Tip: if following a renal diet, restrict high potassium foods throughout the day. Divide your meal in half and eat a portion of your meal and the rest later. **High potassium food. Tip: eat in moderation if you have renal disease. Avoid if you have consume a significant amount of high potassium food already.			
Menu Approved by Rhaizza Velasquez-Garcia, RD, LD License #DT84315 (expires 06/30/2019)				