

**Meals on Wheels- Spring**

**April 1-30, 2019 Menu B**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>April 1, 2019</b>	<b>April 2, 2019</b>	<b>April 3, 2019</b>	<b>April 4, 2019</b>	<b>April 5, 2019</b>
Italian Meatball Bolognese Garlic Butter Breadstick  93g Carbs Fruit Cup Beverage	Egg Omelette Cinnamon Oatmeal Fruit Cocktail  95g Carbs Fruit Grain Bar Beverage	<b>International Carrot Day</b> Sesame Chicken Spaghetti Seasoned Veggies with Mushroom 91g Carbs Assorted Pudding Beverage	<b>National Burrito Day</b> Beef Bean Burrito Rice Pilaf Seasoned Garden Veggies 106g Carbs Assorted Pudding Beverage	The Max Cheesiest con Queso Chuckwagon Corn Colorful Vegetable Medley  109g Carbs Assorted Applesauce Beverage
<b>April 8, 2019</b>	<b>April 9, 2019</b>	<b>April 10, 2019</b>	<b>April 11, 2019</b>	<b>April 12, 2019</b>
<b>National Empanada Day</b> Cheesy Beef Empanada Rice Pilaf Seasoned Green Beans 98g Carbs Fruit Cup Beverage	Chicken Teriyaki Casserole Seasoned Veggies with Mushroom  88g Carbs Assorted Pudding Beverage	Homemade Meatloaf Topped with Gravy Mediterranean Quinoa Green Veggies with Carrots 98g Carbs Apple Cinnamon Delights Beverage	Chicken Vegetable Linguine Cinnamon Baked Apple  88g Carbs Assorted Pudding Beverage	<b>National Grilled Cheese Sandwich Day</b> Grilled Cheese Sandwich Roasted Sweet Potato Green Veggies with Carrots 120g Carbs Assorted Applesauce Beverage
<b>April 15, 2019</b>	<b>April 16, 2019</b>	<b>April 17, 2019</b>	<b>April 18, 2019</b>	<b>April 19, 2019</b>
Cuban Picadillo Rice Pilaf Trio Salad  101g Carbs Assorted Pudding Beverage	<b>National Mushroom Day</b> Creamy Mushroom Chicken Pasta Green Veggies with Carrots 97g Carbs Fruit Cup Beverage	Beef Fajita Wrap Chuckwagon Corn Seasoned Green Beans  100g Carbs Easter Cookie Beverage	<b>Double Meal Delivery</b> Chicken Pot Pie Wheat Biscuit Colorful Squash Salad 76g Carbs Cinnamon Baked Apple Beverage	<b>Chilled Meal-MOW Closed</b> Deluxe Egg Salad Creamy Coleslaw Buttery Dinner Roll 79g Carbs Peach Crisp Beverage
<b>April 22, 2019</b>	<b>April 23, 2019</b>	<b>April 24, 2019</b>	<b>April 25, 2019</b>	<b>April 26, 2019</b>
Venezuelan-style Beef over Garlicky Rice Seasoned Garden Veggies  79g Carbs Assorted Pudding Beverage	Chicken Pasta Primavera Colorful Vegetable Medley  102g Carbs Assorted Pudding Beverage	Classic Nachos  89g Carbs Fruit Cup Beverage	<b>Double Meal Delivery</b> Shepherd's Pie Seasoned Garden Veggies  90g Carbs Fruit Cocktail Beverage	<b>Chilled Meal-MOW Closed</b> Classic Chicken Salad Carrot Raisin Salad Buttery Dinner Roll 60g Carbs Strawberry Peach Crumble Beverage
<b>April 29, 2019</b>	<b>April 30, 2019</b>			
Tasty N' Tender Beef over Parmesan Lemon Orzo Seasoned Garden Veggies  72g Carbs Assorted Pudding Beverage	<b>National Oatmeal Cookie Day</b> <b>*Chilled Meal*</b> Southwestern Chicken Salad Ranch Dressing  79g Carbs Oatmeal Raisin Cookie Beverage		<b>Nutritional Goals</b> <b>Over 600 calories</b> <b>Over 20 grams</b> <b>Less than 100 grams</b>  <b>Less than 30% Total Calories</b> <b>Over 7 Grams</b> <b>Less than 1000 milligrams</b>	<b>Monthly Average</b> <b>Calories: 639.01 calories</b> <b>Protein: 30.03 gm</b> <b>Carbohydrate: 89.55 gm</b> <b>Fat: 16.21 gm (22.84% of calories)</b> <b>Fiber: 7.88 gm</b> <b>Sodium: 589.01 mg</b>
<b>Contact Phone Number: 735-5115</b>				
<b>If you need to cancel your meal, please call the office at 735-5115</b>				
<b>Holiday Meal</b>	<b>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.</b>			
<b>Frozen Meals</b>	<b>FROZEN MEAL entrees are prepared separately and will not be the same as the "Hot Meals" above.</b>			
<b>Comments</b>	<b>*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.</b>			
<b>Menu Approved by Rhaizza Velasquez-Garcia, RD, LD License #DT84315 (expires 06/30/2019)</b>				