

Meals on Wheels- Winter

January 1-31, 2019 Menu A

Monday	Tuesday	Wednesday	Thursday	Friday
	January 1, 2019	January 2, 2019	January 3, 2019	January 4, 2019
Monthly Average Calories: 639.32 calories Protein: 34.38 gm Carbohydrate: 87.41 gm Fat: 17.07 gm (24.04% of calories) Fiber: 10.97 gm Sodium: 624.43 mg	New Year's Day Frozen Meal-MOW Closed Beef Tamales Spanish Rice 72g Carbs Peach Crisp	Spinach and Mushroom Chicken over Pasta Colorful Squash Salad Edamame Medley 77g Carbs Fresh Fruit Beverage	Tasty Breaded Pork over Rice Pilaf Green Veggies with Carrots Crispy Roasted Brussel Sprouts 108g Carbs Fruit Cup Beverage	National Spaghetti Day Italian Meatball Pasta Colorful Vegetable Medley Herbed Green Peas 84g Carbs Fresh Fruit Beverage
	January 7, 2019 Venezuelan-style Beef over Garlicky Rice Chuckwagon Corn Seasoned Garden Veggies 84q Carbs Fresh Fruit Beverage	January 8, 2019 Teriyaki Chicken Casserole Herbed Green Peas Seasoned Veggies with Mushroom 81q Carbs Fresh Fruit Beverage	January 9, 2019 Spanish Paella Buttery Dinner Roll Colorful Squash Salad 81q Carbs Cinnamon Graham Cracker Beverage	January 10, 2019 Flavorful BBO Pork Creamy Mashed Potatoes Stewed Okra and Tomatoes Wheat Bread 92q Carbs Fruit Cup Beverage
January 14, 2019 Shrimp Noodle Bowl Herbed Green Peas Seasoned Veggies with Mushroom 85q Carbs Fresh Fruit Beverage	January 15, 2019 King Ranch Chicken Rice Pilaf Seasoned Garden Veggies 80q Carbs Rice Pudding Beverage	January 16, 2019 Ketchup Glazed Meatloaf Buttery Mashed Potatoes Lemony Lima Beans 103q Carbs Fresh Fruit Beverage	January 17, 2019 Cheese Pizza Italian Pasta Salad Colorful Vegetable Medley 94q Carbs Fruit Cup Beverage	January 18, 2019 Double Meal Delivery- Chilled Meal Classic Chicken Salad Creamy Coleslaw Buttery Dinner Roll 61q Carbs Peach Crisp Beverage
January 21, 2019 Frozen Meal-MOW Closed Chicken Pot Pie Wheat Biscuit Colorful Squash Salad 66q Carbs Cinnamon Baked Apple Beverage	January 22, 2019 Mini Corn Dog Confetti Pasta Salad Green Veggies with Carrots Mustard 103q Carbs Fresh Fruit Beverage	January 23, 2019 Classic Nachos 73q Carbs Fruit Cup Beverage	January 24, 2019 National Peanut Butter Day Traditional PB and Jelly Sandwich Cinnamon Oatmeal Warm Fruit Cocktail 108q Carbs Fresh Fruit Beverage	January 25, 2019 American Chop Suey Herbed Green Peas Seasoned Veggies with Mushroom 88q Carbs Fresh Fruit Beverage
January 28, 2019 Beef Fajita Wrap Chuckwagon Corn Colorful Vegetable Medley 85q Carbs Fruit Cup Beverage	January 29, 2019 Homemade Chicken Noodle Stew Seasoned Garden Veggies Herbed Green Peas 99q Carbs Fresh Fruit Beverage	January 30, 2019 Mexican Picadillo Spanish Rice Chuckwagon Corn 99q Carbs Fresh Fruit Beverage	January 31, 2019 Shrimp Scampi Colorful Vegetable Medley Edamame Medley 88q Carbs Fiq Bar Beverage	Nutritional Goals Over 600 calories Over 20 grams Less than 100 grams Less than 30% Total Calories Over 7 Grams Less than 1000 milligrams
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 Tuesday, January 1, 2019 for New Year's Day and Monday, January 21, 2019 for Martin Luther King Day. The holiday meals will be delivered on Friday, December 28, 2018 and Friday January 18, 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 entrée, 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)				