

**Meals on Wheels**

**August 1-31, 2018 Menu B**

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>August 1, 2018 *</b>	<b>August 2, 2018</b>	<b>August 3, 2018</b>
<b>Monthly Average</b> <b>Calories: 655 calories</b> <b>Protein: 27.62 gm</b> <b>Carbohydrate: 98.97 gm</b> <b>Fat: 16.96 gm (22.95% of calories)</b> <b>Fiber: 9.82 gm</b> <b>Sodium: 598.40 mg</b>	<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>	Chicken Vegetable Linguine Healthy Italian Veggies Mushroom and Peas Salad  Assorted Applesauce Beverage	Pepper Steak Veggie Fried Rice Seasoned Veggies with Mushroom  Vanilla Pudding Beverage	Chicken Topped with Honey Dijon Sauce Mediterranean Quinoa Colorful Squash Salad  Fruit Cup Beverage
<b>August 6, 2018 *</b>	<b>August 7, 2018</b>	<b>August 8, 2018</b>	<b>August 9, 2018</b>	<b>August 10, 2018</b>
Venezuelan-style Beef over Garlicky Rice Healthy Italian Veggies Mushroom and Peas Salad  Vanilla Pudding Beverage	Chicken Topped with Provencal Sauce Mediterranean Quinoa Colorful Squash Salad  Fruit Cup Beverage	Butternut Squash Ravioli Topped with Veggie Alfredo Sauce Colorful Vegetable Medley Seasoned Green Peas  Tapioca Beverage	<b>National Rice Pudding Day</b> Chicken Empanada Rice Pilaf Green Veggies with Carrots  Rice Pudding Beverage	American Chop Suey Seasoned Veggies with Mushroom Seasoned Green Peas  Assorted Applesauce Beverage
<b>August 13, 2018</b>	<b>August 14, 2018</b>	<b>August 15, 2018</b>	<b>August 16, 2018 *</b>	<b>August 17, 2018</b>
Shepherd's Pie Thyme Roasted Carrots  Cinnamon Baked Apples Beverage	Cheesy Chicken Crisпитos Rice Pilaf Chuckwagon Corn  Rice Pudding Beverage	<b>Chilled Meal</b> Classic Chicken Salad Creamy Coleslaw Peach Crisp  Fruit Cup Beverage	Chicken Pasta Primavera Colorful Squash Salad Seasoned Green Beans  Assorted Applesauce Beverage	Beef Fajita Wrap Chuckwagon Corn Seasoned Vegetable Medley  Vanilla Pudding Beverage
<b>August 20, 2018</b>	<b>August 21, 2018 *</b>	<b>August 22, 2018</b>	<b>August 23, 2018</b>	<b>August 24, 2018</b>
King Ranch Chicken Rice Pilaf Green Veggies with Carrots  Rice Pudding Beverage	Beefy Casserole Colorful Vegetable Medley Mushroom and Peas Salad  Vanilla Pudding Beverage	Vegetable Egg Roll Veggie Fried Rice Seasoned Veggies with Mushroom  Fresh Banana** Beverage	Chicken Chilaquiles Seasoned Vegetable Medley Chuckwagon Corn  Assorted Applesauce Beverage	<b>National Waffle Day</b> Chicken and Waffle Sandwich SF Syrup  Warm Fruit Cocktail Beverage
<b>August 27, 2018</b>	<b>August 28, 2018</b>	<b>August 29, 2018</b>	<b>August 30, 2018</b>	<b>August 31, 2018</b>
Hamburger on Bun Oven Baked French Fries Green Veggies with Carrots Mustard  Assorted Applesauce Beverage	<b>Chilled Meal</b> Bowtie Chicken Caesar Salad Caesar Salad Dressing  Fruit Cup Beverage	Beef Topped with Gravy Mediterranean Quinoa Seasoned Vegetable Medley  Rice Pudding Beverage	Beef Tamales Rice Pilaf Green Veggies with Carrots  Assorted Applesauce Beverage	<b>Double Meal Delivery</b> Chicken Pot Pie Warm Wheat Biscuit Colorful Squash Salad  Cinnamon Baked Apple Beverage
<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>There are no Holidays in August</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>				