

Meals on Wheels- Summer		September 2-30, 2019 Menu A		
Monday	Tuesday	Wednesday	Thursday	Friday
<b>September 2, 2019</b>	<b>September 3, 2019</b>	<b>September 4, 2019</b>	<b>September 5, 2019</b>	<b>September 6, 2019</b>
<b>Frozen Meal- MOW Closed</b>	Firehouse Chili Savory Green Beans Seasoned Squash Salad	Cheese Enchilada w/ Red Sauce Spanish Rice Classic Vegetable Blend	Classic Hamburger Confetti Pasta Salad Garden Vegetable	Homestyle Crumb Pollock Rice Pilaf Green Veggies
Chicken Salad Coleslaw Peachy Oats 78g Carbs Dinner Roll Beverage	81g Carbs Fruited Gelatin Beverage	79g Carbs Fruit Cup Beverage	94g Carbs Fresh Fruit Beverage	94g Carbs Strawberry Delight Beverage
<b>September 9, 2019</b>	<b>September 10, 2019</b>	<b>September 11, 2019</b>	<b>September 12, 2019</b>	<b>September 13, 2019</b>
Sloppy Joe Casserole Garden Vegetables Homestyle Broccoli	Chicken Rollups Spanish Rice Charro Beans	Mom's Meatloaf Garlic Whipped Potatoes Vegetable Blend Wheat Bread	Peruvian Chicken over Rice Garden Vegetables Seasoned Green Peas	Deluxe Egg Salad Italian Pasta Salad Dinner Roll
85g Carbs Fresh Fruit Beverage	79g Carbs Fresh Fruit Beverage	72g Carbs Fruit Cup Beverage	91g Carbs Fresh Fruit Beverage	72g Carbs Fruit Cocktail Beverage
<b>September 16, 2019</b>	<b>September 17, 2019</b>	<b>September 18, 2019</b>	<b>September 19, 2019</b>	<b>September 20, 2019</b>
Old World Irish Stew Whipped Potatoes Savory Green Beans	NOLA Chicken Jambalaya Seasoned Garden Vegetables Sweet Corn	Ravioli with Marinara Sauce Old Thyme' Roasted Carrots Herbed Peas	Savory Pepper Steak Veggie Fried Rice Japanese Vegetables	Tasty Chimichanga Abuela's Calabacitas Peach Cobbler
68g Carbs Cookie Beverage	72g Carbs Fresh Fruit Beverage	81g Carbs Fresh Fruit Beverage	67g Carbs Fruit Cocktail Beverage	85g Carbs Beverage
<b>September 23, 2019</b>	<b>September 24, 2019</b>	<b>September 25, 2019</b>	<b>September 26, 2019</b>	<b>September 27, 2019</b>
Tex-Mex Cobb Salad Fiesta Tortilla Strips Ranch Dressing	Beef Stroganoff Garden Vegetables Herbed Green Peas	Spanish Paella Seasoned Squash Salad Dinner Roll	Capelini Primavera Glazed Carrots Herbed Veggies	Joe's Fish Sandwich Confetti Pasta Salad Garden Vegetables
58g Carbs Tapioca Beverage	69g Carbs Fresh Fruit Beverage	67g Carbs Fresh Fruit Beverage	77g Carbs Fresh Fruit Beverage	103g Carbs Fruit Cup Beverage
<b>September 30, 2019</b>				
Texas BBQ Pork Whipped Potatoes Savory Vegetable Medley Texas Toast 101g Carbs Fresh Fruit Beverage		<b>Monthly Average</b> <b>Calories: 640.96 calories</b> <b>Protein: 34.78 gm</b> <b>Carbohydrate: 82.86 gm</b> <b>Fat: 19.47 gm (30.37% of calories)</b> <b>Fiber: 8.28 gm</b> <b>Sodium: 920.60 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>
<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 Monday, September 2, 2019 for Labor Day. The holiday meals will be delivered on Friday, August 30,</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>The amount of carbohydrates listed includes entrée, sides, fruit or dessert, and a carton of milk. Tip: if following a diabetic</b>			
<b>Menu Approved by Marycela Barron, RD, LD License #DT85141 (expires 01/03/2020)</b>				

*M. Barron, RDN/LD*