

Meals on Wheels- Summer		September 2-30, 2019 Menu B		
Monday	Tuesday	Wednesday	Thursday	Friday
September 2, 2019	September 3, 2019	September 4, 2019	September 5, 2019	September 6, 2019
Frozen Meal- MOW Closed	Firehouse Chili Renal-Friendly Savory Green Beans Seasoned Squash Salad	Cheese Enchilada w/ Red Sauce Parslied Rice Green Veggies with Carrots	Classic Hamburger Confetti Pasta Salad Classic Vegetable Blend	Homestyle Chicken Rice Pilaf Green Veggies
Chicken Salad Coleslaw Peachy Oats 78g Carbs Dinner Roll Beverage	81g Carbs Fruited Gelatin Beverage	77g Carbs Fruit Cup Beverage	94g Carbs Fruit Cup Beverage	75g Carbs Strawberry Delight Beverage
September 9, 2019	September 10, 2019	September 11, 2019	September 12, 2019	September 13, 2019
Classic Hamburger Garden Vegetables Homestyle Broccoli	Grilled Chicken Breast Herbed Rice Charro Beans	Mom's Meatloaf Parslied Noodles Vegetable Blend Wheat Bread	Peruvian Chicken over Rice Garden Vegetables Seasoned Green Peas	Deluxe Egg Salad Italian Pasta Salad Dinner Roll
85g Carbs Fruit Cup Beverage	77g Carbs Pudding Beverage	75g Carbs Fruit Cup Beverage	91g Carbs Gelatin Beverage	72g Carbs Fruit Cocktail Beverage
September 16, 2019	September 17, 2019	September 18, 2019	September 19, 2019	September 20, 2019
Old World Irish Stew Herbed Rice Savory Green Beans	NOLA Chicken Jambalaya Seasoned Garden Vegetables Sweet Corn	Joe's Baked Beef Patty Old Thyme' Roasted Carrots Herbed Peas	Savory Pepper Steak Veggie Fried Rice Japanese Vegetables	Tasty Beef Tacos Abuela's Calabacitas Shredded Lettuce
76g Carbs Cookie Beverage	72g Carbs Fruit Cup Beverage	70g Carbs Pudding Beverage	67g Carbs Fruit Cocktail Beverage	Diced Peaches 64g Carbs Beverage
September 23, 2019	September 24, 2019	September 25, 2019	September 26, 2019	September 27, 2019
Tex-Mex Cobb Salad Fiesta Tortilla Strips Ranch Dressing	Beef Stroganoff Garden Vegetables Herbed Green Peas	Spanish Chicken Paella Seasoned Squash Salad Dinner Roll	Capelini Primavera Glazed Carrots Herbed Veggies Dinner Roll	Joe's Baked Beef Patty Confetti Pasta Salad Garden Vegetables Dinner Roll
58g Carbs Tapioca Beverage	69g Carbs Fruit Cup Beverage	67g Carbs Fruit Cup Beverage	99g CHO Fruit Cup Beverage	76g CHO Fruit Cup Beverage
September 30, 2019		Monthly Average Calories: 612.52 calories Protein: 36.96 gm Carbohydrate: 76.63 gm Fat: 18.12 gm (29.59% of calories) Fiber: 8.85 gm Sodium: 671.56 mg		Nutritional Goals Over 600 calories Over 20 grams Less than 100 grams Less than 30% Total Calories Over 7 Grams Less than 1000 milligrams
Texas Seasoned Grilled Chicken Buttered Noodles Savory Vegetable Medley Dinner Roll 75g CHO Fruit Cup Beverage				
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 Monday, September 2, 2019 for Labor Day. The holiday meals will be delivered on Friday, August 30,			
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			
Menu Approved by Marycela Barron, RD, LD License #DT85141 (expires 01/03/2020)				

M. R. RDN/LD