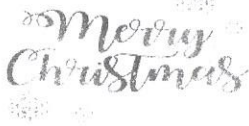
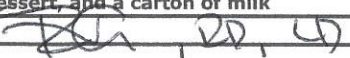


**Meals on Wheels--Christian Senior Services**

**December 1-31, 2017 Menu A**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Monthly Average</b> <b>Calories: 643.14 calories</b> <b>Protein: 32.83 gm</b> <b>Carbohydrate: 93.62 gm</b> <b>Fat: 14.52 gm (20.32% of calories)</b> <b>Fiber: 11.76 gm</b> <b>Sodium: 732.01 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>			December 1, 2017 Butternut Squash Ravioli Topped with Alfredo Sauce Sunshine Carrots Edamame Medley 103g Carbs Fresh Fruit Beverage
<b>December 4, 2017</b> Beef and Bean Chimichanga Topped with Cheesy Sauce Chuckwagon Corn Spanish-style Veggies 98g Carbs Fresh Fruit Beverage	<b>December 5, 2017</b> Pork Piccata Garlic Mashed Potatoes Healthy Venetian Veggies  100g Carbs Strawberry Applesauce Beverage	<b>December 6, 2017</b> Pineapple Teriyaki Shrimp over Rice Mango and Veggie Salad Sunshine Carrots 132g Carbs Fresh Fruit Beverage	<b>December 7, 2017</b> Brisket Topped with BBQ Sauce Creamy Potato Salad Country-style Veggies  96g Carbs Fresh Fruit Beverage	<b>December 8, 2017</b> Mustard Cream Chicken Herbed Orzo Colorful Vegetable Medley  87g Carbs Fresh Fruit Beverage
<b>December 11, 2017</b> Flavorful BBQ Pork Buttery Mashed Potatoes Edamame Medley  94g Carbs Fresh Fruit Beverage	<b>December 12, 2017</b> Spanish Paella  81g Carbs Cornbread Mini Loaf Beverage	<b>December 13, 2017</b> Cowboy Casserole Healthy Venetian Veggies Sunshine Carrots  66g Carbs Fresh Fruit Beverage	<b>December 14, 2017</b> Mexican Arroz Rojo with Chicken Pinto Beans Chuckwagon Corn  96g Carbs Fresh Fruit Beverage	<b>December 15, 2017</b> Beef Glazed with Horseradish Sauce Lemon Parmesan Orzo Mixed of Green Veggies with Carrots 81g Carbs Fresh Fruit Beverage
<b>December 18, 2017</b> Cheese Omelet Warm Oatmeal Mini Bagel Greek Yogurt Cream Cheese 73g Carbs Sunrise Fruit Medley Beverage	<b>December 19, 2017</b> Homestyle Meatloaf Topped with Gravy Creamy Mashed Potatoes Zucchini and Squash Salad 100g Carbs Fresh Fruit Beverage	<b>December 20, 2017</b> Mushroom Chicken and Quinoa Healthy Venetian Veggies Sunshine Carrots  66g Carbs Christmas Cookie Beverage	<b>December 21, 2017</b> Venezuelan-style Beef over Garlicky Rice Chuckwagon Corn Colorful Vegetable Medley 92g Carbs Fresh Fruit Beverage	<b>December 22, 2017</b> <b>Double Meal Delivery</b> Chicken Pot Pie Warm Wheat Biscuit Healthy Seasonal Vegetables 89g Carbs Peach Crisp Beverage
<b>December 25, 2017</b> <b>Holiday-MOW Closed</b>	<b>December 26, 2017</b> Turkey Pizza Italian Pasta Salad Healthy Venetian Veggies  96g Carbs Fresh Fruit Beverage	<b>December 27, 2017</b> King Ranch Chicken Rice Pilaf Caribbean-style Veggies  85g Carbs Fresh Fruit Beverage	<b>December 28, 2017</b> Hamburger on Buttery Bun Herby Roasted Potato Wedges Sunshine Carrots Mustard 105g Carbs Fresh Fruit Beverage	<b>December 29, 2017</b> <b>Double Meal Delivery</b> Tangy Chicken Stew Chuckwagon Corn  88g Carbs Warm Cinnamon Baked Apples 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>We will be closed on Monday, December 25, 2017 for Christmas Day. The meal will be delivered on Friday, December 22, 2017.</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</b>			
Menu Approved by Rhaizza Velasquez-Garcia, RD, LD License #DT84315 (expires 06/30/2019)				

 RD, LD 10/16/2017