
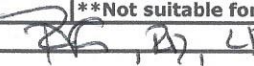


Meals on Wheels--Christian Senior Services

December 1-31, 2017 Menu B

Monday	Tuesday	Wednesday	Thursday	Friday
Monthly Average Calories: 660.14 calories Protein: 31.23 gm Carbohydrate: 100.82 gm Fat: 13.18 gm (17.97% of calories) Fiber: 9.36 gm Sodium: 576.87 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			December 1, 2017 GF Chicken Pasta Primavera Healthy Venetian Veggies Sunshine Carrots Fruit Cup Beverage
December 4, 2017 Apple Cider Beef Stew Chuckwagon Corn Spanish-style Veggies Fruit Cup Beverage	December 5, 2017 Chicken Piccata Garlic Mashed Potatoes* Healthy Venetian Veggies Custard Beverage	December 6, 2017 Hawaiian Chicken and Rice Mango and Veggie Salad Sunshine Carrots Fruit Cup Beverage	December 7, 2017 Brisket Topped with BBQ Sauce GF Penne Mac and Cheese Country-style Veggies Vanilla Pudding Beverage	December 8, 2017 Mustard Cream Chicken Tri-Color Quinoa Colorful Vegetable Medley Fresh Banana* Beverage
December 11, 2017 Kheema Casserole Tri-Color Quinoa Chuckwagon Corn Fruit Cup Beverage	December 12, 2017 Spanish Paella Rice Pudding Beverage	December 13, 2017 Beefy Mac Casserole Healthy Venetian Veggies Sunshine Carrots Fruit Cup Beverage	December 14, 2017 Vegetable Chicken Pilaf Caribbean-style Veggies Chuckwagon Corn Honey Cinnamon Applesauce Beverage	December 15, 2017 Beef Glazed with Horseradish Sauce Tri-Color Quinoa Mixed of Green Veggies with Carrots Fresh Banana* Beverage
December 18, 2017 Cheese Omelet Warm Grits Greek Yogurt Granola Sunrise Fruit Medley Beverage	December 19, 2017 Ghanaian Jollof Rice Savory Green Beans Zucchini and Squash Salad Fruit Cup Beverage	December 20, 2017 Mushroom Chicken and Quinoa Healthy Venetian Veggies Sunshine Carrots Christmas Cookie** Beverage	December 21, 2017 Venezuelan-style Beef over Garlicky Rice Chuckwagon Corn Colorful Vegetable Medley Strawberry Applesauce Beverage	December 22, 2017 Double Meal Delivery Chicken Pot Pie Warm Wheat Biscuit** Healthy Seasonal Vegetables Peach Crisp Beverage
December 25, 2017 Holiday-MOW Closed Turkey with Stuffing and Gravy** Creamy Mashed Potatoes* Savory Green Beans Apple Pie** Beverage	December 26, 2017 GF Turkey Pizza GF Italian Pasta Salad Healthy Venetian Veggies Fresh Banana* Beverage	December 27, 2017 King Ranch Chicken Rice Pilaf Caribbean-style Veggies Fruit Cup Beverage	December 28, 2017 Beef Topped with Onion Gravy Tri-Color Quinoa Sunshine Carrots Fruit Cup Beverage	December 29, 2017 Double Meal Delivery Tangy Chicken Stew Chuckwagon Corn Warm Cinnamon Baked Apples Beverage
Contact Phone Number: 735-5115				
Holiday Meal	We will be closed on Monday, December 25, 2017 for Christmas Day. The meal will be delivered on Friday, December 22, 2017.			
Frozen Meals	FROZEN MEAL entrees are prepared separately and will not be the same as the "Hot Meals" above.			
Comments	*Eat in moderation if you have renal disease		**Not suitable for clients on a gluten free diet	
Menu Approved by Rhaizza Velasquez-Garcia, RD, LD License #DT84315 (expires 06/30/2019)				


 RD, LD 10/16/2019