


**Meals on Wheels- Winter**

**December 1-31, 2018 Menu A**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>December 3, 2018</b>	<b>December 4, 2018</b>	<b>December 5, 2018</b>	<b>December 6, 2018</b>	<b>December 7, 2018</b>
Creamy Beef Stroganoff with Mushroom Colorful Squash Salad Seasoned Green Beans  78g Carbs Fresh Fruit Beverage	<b>National Cookie Day</b> Peruvian Chicken over Rice Colorful Vegetable Medley Herbed Green Peas 94g Carbs Lemon Cookie Beverage	Fish Sandwich Confetti Pasta Salad Seasoned Garden Veggies  109g Carbs Fresh Fruit Beverage	Tomato Basil Chicken Stew Colorful Vegetable Medley Edamame Medley  92g Carbs Fruit Cup Beverage	Zesty Sloppy Joe Casserole Green Veggies with Carrots Rstd Broccoli and Onions  81g Carbs Fresh Fruit Beverage
<b>December 10, 2018</b>	<b>December 11, 2018</b>	<b>December 12, 2018</b>	<b>December 13, 2018</b>	<b>December 14, 2018</b>
Sweet Potato Turkey Chili Seasoned Green Beans Colorful Squash Salad  71g Carbs Fresh Fruit Beverage	Pepper Steak Veggie Fried Rice Seasoned Veggies with Mushroom  75g Carbs Fruit Cup Beverage	Shrimp Gumbolaya Stew Chuckwagon Corn Seasoned Garden Veggies  83g Carbs Nutty Buddy Wafer Bar Beverage	Spaghetti Bolognese Colorful Vegetable Medley Herbed Green Peas  69g Carbs Fresh Fruit Beverage	Flavorful BBQ Pork Buttery Mashed Potatoes Edamame Medley  85g Carbs Fresh Fruit Beverage
<b>December 17, 2018</b>	<b>December 18, 2018</b>	<b>December 19, 2018</b>	<b>December 20, 2018</b>	<b>December 21, 2018</b>
Butternut Squash Ravioli Topped with Veggie Alfredo Sauce Thyme Roasted Carrots Herbed Green Peas 109g Carbs Fresh Fruit Beverage	Ketchup Glazed Meatloaf Buttery Mashed Potatoes Green Veggies with Carrots Wheat Bread 99g Carbs Fresh Fruit Beverage	Cheesy Chicken Crisпитos Spanish Rice Chuckwagon Corn  102g Carbs Fruit Cup Beverage	Chicken Pasta Primavera Colorful Squash Salad Edamame Medley  88g Carbs Christmas Cookie Beverage	<b>Triple Meal Delivery</b> Shepherd's Pie Seasoned Garden Veggies  65g Carbs Cinnamon Baked Apple Beverage
<b>December 24, 2018</b>	<b>December 25, 2018</b>	<b>December 26, 2018</b>	<b>December 27, 2018</b>	<b>December 28, 2018</b>
<b>Holiday Meal-MOW Closed</b> Chicken Pot Pie Wheat Biscuit Colorful Squash Salad 68g Carbs  Peach Crisp	<b>Holiday Meal-MOW Closed</b> <b>National Pumpkin Pie Day</b> Turkey, Stuffing, & Trimmings Sweet Potato Casserole Seasoned Green Beans Warm Dinner Roll Pumpkin Pie	Crispy Fish over Rice Pilaf Green Veggies with Carrots Tartar Sauce 99g Carbs Fresh Fruit Beverage	Hamburger on Buttery Bun Confetti Pasta Salad Seasoned Garden Veggies Mustard 94g Carbs Fruit Cup Beverage	<b>Triple Meal Delivery</b> Tangy Chicken Stew Chuckwagon Corn  83g Carbs Cinnamon Baked Apple Beverage
<b>December 31, 2018</b>				
<b>Holiday Meal- MOW Closed</b> Tuna Salad Crackers Teddy Graham Cookie 83g Carbs Craisins Honey Bun			<b>Monthly Average</b> Calories: 627.09 calories Protein: 32.04 gm Carbohydrate: 85.92 gm Fat: 17.23 gm (24.72% of calories) Fiber: 9.36 gm Sodium: 674.56 mg	<b>Nutritional Goals</b> Over 600 calories Over 20 grams Less than 100 grams Less than 30% Total Calories Over 7 Grams Less than 1000 milligrams
<b>Contact Phone Number: 735-5115</b>				
<b>Holiday Meal</b>	We will be closed on Monday, December 24, 2018 and Tuesday, December 25, 2018 for Christmas and on Monday, December 31, 2018 for New Year's Eve. The holiday meals will be delivered on Friday, December 21, 2018 and Friday, December 28, 2018.			
<b>Frozen Meals</b>	FROZEN MEAL entrees are prepared separately and will not be the same as the "Hot Meals" above.			
<b>Comments</b>	The amount of carbohydrates listed includes entree, sides, fruit or dessert, and a carton of milk. <b>Tip:</b> If following a diabetic diet, look at the amount of carbs per meal. If the amount is too high, divide your meal in half and eat a portion of your meal and the rest later, eat your dessert/fruit at a later time, or drink water instead of milk with your meal to reduce the amount of carbs.			
Menu Approved by Rhaizza Velasquez-Garcia, RD, LD License #DT84315 (expires 06/30/2019)				

RD, LD 11/13/2018.

