

**Meals on Wheels- Winter**

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

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  80g Carbs Assorted Pudding Beverage	<b>National Cookie Day</b> Lemon Rice with Vegetable and Chicken Colorful Vegetable Medley Herbed Green Peas 94g Carbs Lemon Cookie Beverage	Chicken Sandwich Confetti Pasta Salad Seasoned Garden Veggies  104g Carbs Assorted Pudding Beverage	Tomato Basil Chicken Stew Colorful Vegetable Medley Chuckwagon Corn  117g Carbs Fruit Cup Beverage	Zesty Sloppy Joe Casserole Green Veggies with Carrots Rstd Broccoli and Onions  92g Carbs Assorted Pudding 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>
Turkey Vegetable Chili Colorful Squash Salad Seasoned Green Beans  79g Carbs Assorted Pudding Beverage	Pepper Steak Veggie Fried Rice Seasoned Veggies with Mushroom  75g Carbs Fruit Cup Beverage	Chicken Gumbolaya Stew Chuckwagon Corn Seasoned Garden Veggies  109g Carbs Assorted Applesauce Beverage	Spaghetti Bolognese Colorful Vegetable Medley Herbed Green Peas  70g Carbs Assorted Pudding Beverage	Chicken Empanada Rice Pilaf Chuckwagon Corn  119g Carbs Assorted Pudding 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 Colorful Vegetable Medley Herbed Green Peas 121g Carbs Assorted Applesauce Beverage	Ketchup Glazed Meatloaf Mediterranean Quinoa Green Veggies with Carrots Wheat Bread 105g Carbs Assorted Pudding Beverage	Cheesy Chicken Crisпитos Rice Pilaf Chuckwagon Corn  117g Carbs Fruit Cup Beverage	Chicken Pasta Primavera Colorful Squash Salad Herbed Green Peas  96g 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	Breaded Chicken Rice Pilaf Green Veggies with Carrots  91g Carbs Assorted Pudding 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: 626.13 calories Protein: 26.09 gm Carbohydrate: 93.16 gm Fat: 15.67 gm (22.52% of calories) Fiber: 7.75 gm Sodium: 592.21 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>If you need to cancel your meal, please call the office at 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. *High potassium meal. <u>Tip:</u> if following a renal diet, restrict high potassium foods throughout the day. Divide your meal in half and eat a portion of your meal and the rest later. **High potassium food. <u>Tip:</u> eat in moderation if you have renal disease. Avoid if you have consumed a significant amount of high potassium food already.			
Menu Approved by Rhaizza Velasquez-Garcia, RD, LD License #DT84315 (expires 06/30/2019) <span style="float: right;">RG, RD, LD 11/13/2018</span>				

