

**Meals on Wheels- Winter**

**February 1-28, 2019 Menu A**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Monthly Average</b> Calories: 640.68 calories Protein: 30.82 gm Carbohydrate: 87.90 gm Fat: 18.85 gm (26.48% of calories) Fiber: 10.32 gm Sodium: 697.01 mg				<b>February 1, 2019</b> Vegetable Egg Roll Veggie Fried Rice Seasoned Veggies with Mushroom 100g Carbs Fresh Fruit Beverage
<b>February 4, 2019</b>	<b>February 5, 2019</b>	<b>February 6, 2019</b>	<b>February 7, 2019</b>	<b>February 8, 2019</b>
Mexican Chicken Chilaquiles Spanish Rice Chuckwagon Corn 86q Carbs Fruit Cup Beverage	French Onion Salisbury Steak Buttery Mashed Potatoes Sunshine Carrots 80q Carbs Fresh Fruit Beverage	Roasted Garlic Tilapia over Rice Pilaf Green Veggies with Carrots Cinnamon Baked Apple Tartar Sauce/88q Carbs Honey Graham Crackers Beverage	<b>National Fettuccine Alfredo Day</b> Chicken Fettuccine Alfredo Seasoned Garden Veggies Edamame Medley 88q Carbs Fresh Fruit Beverage	Flavorful BBQ Pork Rice Pilaf Stewed Okra and Tomatoes 88q Carbs Fresh Fruit Beverage
<b>February 11, 2019</b>	<b>February 12, 2019</b>	<b>February 13, 2019</b>	<b>February 14, 2019</b>	<b>February 15, 2019</b>
Mushroom Chicken and Quinoa Chuckwagon Corn Colorful Vegetable Medley 85q Carbs Fresh Fruit Beverage	Ketchup Glazed Meatloaf Buttery Mashed Potatoes Lemony Lima Beans 103q Carbs Fresh Fruit Beverage	<b>National Tortellini Day</b> Creamy Sun-Dried Tomato Tortellini Colorful Squash Salad Corn Tomato Salad Wheat Bread/69q Carbs Fruit Cup Beverage	<b>Valentine's Day</b> Chile Relleno Spanish Rice Seasoned Garden Veggies 82q Carbs Heart Cookie Beverage	<b>Double Meal Delivery- Chilled Meal</b> Classic Chicken Salad Creamy Coleslaw Buttery Dinner Roll 61q Carbs Peach Crisp Beverage
<b>February 18, 2019</b>	<b>February 19, 2019</b>	<b>February 20, 2019</b>	<b>February 21, 2019</b>	<b>February 22, 2019</b>
<b>Frozen Meal-MOW Closed</b> Chicken Pot Pie Wheat Biscuit Colorful Squash Salad 66q Carbs Cinnamon Baked Apple Beverage	Classic Hot Dog Sweet Potato Fries Sunshine Carrots Mustard 101q Carbs Fresh Fruit Beverage	Lasagna Topped with Meaty Marinara Sauce Colorful Squash Salad Lemony Lima Beans 95q Carbs Fresh Fruit Beverage	Butter Crumb Pollock over Rice Pilaf Carrots and Corn Salad Tartar Sauce 82q Carbs Fruit Cocktail Beverage	Swiss Steak Topped with Tomato Sauce Buttery Mashed Potatoes Green Veggies with Carrots 73q Carbs Fruit Cup Beverage
<b>February 25, 2019</b>	<b>February 26, 2019</b>	<b>February 27, 2019</b>	<b>February 28, 2019</b>	
<b>National Clam Chowder Day</b> New England Clam Chowder Sunshine Carrots Broccoli and Onions Unsalted Crackers/77q Carbs Fruit Cup Beverage	Tasty Breaded Pork over Rice Pilaf Green Veggies with Carrots Crispy Roasted Brussel Sprouts 103q Carbs Fresh Fruit Beverage	<b>National Strawberry Day</b> Egg Omelette Cinnamon Oatmeal Mini Pancake 88q Carbs Strawberry Peach Crumble Beverage	<b>National Chili Day</b> Firehouse Chili Sunshine Carrots Seasoned Green Beans 91q Carbs Fresh Fruit Beverage	<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, February 18, 2019 for President's Day. The meal will be delivered on Friday, February 15, 2019.			
<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 entrée, 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) <span style="float: right;">RGS, RD, LD 1/8/2019</span>				