

Meals on Wheels- Winter

February 1-28, 2019 Menu B

Monday	Tuesday	Wednesday	Thursday	Friday
Monthly Average Calories: 617.79 calories Protein: 23.09 gm Carbohydrate: 93.71 gm Fat: 16.05 gm (23.38% of calories) Fiber: 8.69 gm Sodium: 628.61 mg				February 1, 2019 Vegetable Egg Roll Veggie Fried Rice Seasoned Veggies with Mushroom 101g Carbs Strawberry Orange Gel Beverage
February 4, 2019	February 5, 2019	February 6, 2019	February 7, 2019	February 8, 2019
Chicken Chilaquiles Rice Pilaf Chuckwagon Corn 102g Carbs Fruit Cup Beverage	Beef Topped with Gravy and Onions Mediterranean Quinoa Sunshine Carrots 87g Carbs Assorted Pudding Beverage	Chicken Fajita Wrap Chuckwagon Corn Green Veggies with Carrots 97g Carbs Assorted Pudding Beverage	National Fettuccine Alfredo Day Chicken Fettuccine Alfredo Seasoned Garden Veggies Herbed Green Peas 99g Carbs Assorted Applesauce Beverage	Apple Cider Beef Stew Seasoned Green Beans 75g Carbs Fruit Cocktail Beverage
February 11, 2019	February 12, 2019	February 13, 2019	February 14, 2019	February 15, 2019
Mushroom Chicken and Quinoa Chuckwagon Corn Colorful Vegetable Medley 85g Carbs Assorted Pudding Beverage	Ketchup Glazed Meatloaf Buttery Mashed Potatoes* Green Veggies with Carrots 99g Carbs Assorted Applesauce Beverage	National Tortellini Day Creamy Sun-Dried Tomato Tortellini Colorful Squash Salad Sweet Corn Wheat Bread/94g Carbs Fruit Cup Beverage	Valentine's Day Chile Relleno Rice Pilaf Seasoned Garden Veggies 85g Carbs Heart Cookie Beverage	Double Meal Delivery- Chilled Meal Classic Chicken Salad Creamy Coleslaw Buttery Dinner Roll 77g Carbs Peach Crisp Beverage
February 18, 2019	February 19, 2019	February 20, 2019	February 21, 2019	February 22, 2019
Frozen Meal-MOW Closed Chicken Pot Pie Wheat Biscuit Colorful Squash Salad 82g Carbs Cinnamon Baked Apple Beverage	Classic Hot Dog Sweet Potato Fries* Sunshine Carrots Mustard 101g Carbs Assorted Pudding Beverage	Lasagna Topped with Meaty Mushroom Sauce Colorful Squash Salad Herbed Green Peas/100g Carbs Assorted Applesauce Beverage	Chicken Topped with Lemon Capers Sauce Rice Pilaf Carrots and Corn Salad 101g Carbs Assorted Pudding Beverage	Swiss Steak Topped with Tomato Sauce Buttery Mashed Potatoes* Green Veggies with Carrots 101g Carbs Fruit Cup Beverage
February 25, 2019	February 26, 2019	February 27, 2019	February 28, 2019	
National Chowder Day New England Chicken Chowder Colorful Vegetable Medley Broccoli and Onions Unsalted Crackers/91g Carbs Fruit Cup Beverage	Peas and Beef Casserole Tri-color Quinoa Green Veggies with Carrots 89g Carbs Assorted Pudding Beverage	National Strawberry Day Egg Omelette Cinnamon Oatmeal Mini Pancake 88g Carbs Strawberry Peach Crumble Beverage	National Chili Day Firehouse Chili Colorful Vegetable Medley Seasoned Green Beans 90g Carbs Assorted Applesauce Beverage	Nutritional Goals Over 600 calories Over 20 grams Less than 100 grams Less than 30% Total Calories Over 7 Grams Less than 1000 milligrams
Contact Phone Number: 735-5115				
If you need to cancel your meal, please call the office at 735-5115				
Holiday Meal	We will be closed on Monday, February 18, 2019 for President's Day. The meal will be delivered on Friday, February 15, 2019.			
Frozen Meals	FROZEN MEAL entrees are prepared separately and will not be the same as the "Hot Meals" above.			
Comments	*High potassium meal. Tip: 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. Tip: eat in moderation if you have renal disease. Avoid if you have consume a significant amount of high potassium food already.			
Menu Approved by Rhaizza Velasquez-Garcia, RD, LD License #DT84315 (expires 06/30/2019)				

RC, LD 1/8/2019