


Meals on Wheels--Christian Senior Services

November 1-30, 2017 Menu A

Monday	Tuesday	Wednesday	Thursday	Friday
Monthly Average Calories: 671.70 calories Protein: 38.67 gm Carbohydrate: 87.57 gm Fat: 17.88 gm (23.95% of calories) Fiber: 10.60 gm Sodium: 733.51 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	November 1, 2017 Flavorful BBQ Pork Buttery Mashed Potatoes Stewed Okra and Tomatoes 100g Carbs Fresh Fruit Beverage	November 2, 2017 Shrimp Scampi Healthy Venetian Veggies Sunshine Carrots 83g Carbs Strawberry Delights Beverage	November 3, 2017 Peruvian Chicken over Rice Herbed Green Peas Colorful Vegetable Medley 104g Carbs Fresh Fruit Beverage
November 6, 2017 National Nachos Day Classic Nachos 83g Carbs Fresh Fruit Beverage	November 7, 2017 Pecan Crusted Tilapia Hawaiian Wild Rice Veggie and Mango Salad 129g Carbs Fresh Fruit Beverage	November 8, 2017 Capellini Primavera Healthy Venetian Veggies Sunshine Carrots 87g Carbs Fresh Fruit Beverage	November 9, 2017 Carnitas Taco Spanish Rice Mixed of Caribbean-style Veggies Flour Tortilla 88g Carbs Rice Pudding Beverage	November 10, 2017 Salisbury Steak Topped with Gravy Buttery Mashed Potatoes Veggie Salad with Mushroom 102g Carbs Fresh Fruit Beverage
November 13, 2017 Tex-Mex Chicken Chilaquiles Chuckwagon Corn Mixed of Caribbean-style Veggies 81g Carbs Fresh Fruit Beverage	November 14, 2017 Creamy Beef Stroganoff Healthy Venetian Veggies Sunshine Carrots 80g Carbs Fresh Fruit Beverage	November 15, 2017 Cod Fish Sandwich on Roll Rice Pilaf Colorful Seasonal Vegetables 106g Carbs Fresh Fruit Beverage	November 16, 2017 New England Chicken Chowder Seasoned Green Beans Edamame Medley 68g Carbs Unsalted Cracker Beverage	November 17, 2017 Swiss Steak Topped with Tomato Sauce Lemon Orzo with Parmesan Sunshine Carrots with Broccoli 76g Carbs Fresh Fruit Beverage
November 20, 2017 Southwestern Fiesta Chicken Homemade Pinto Beans Chuckwagon Corn 102g Carbs Fresh Fruit Beverage	November 21, 2017 American Chop Suey Vegetable Egg Roll Green Vegetables with Mushroom 74g Carbs Fresh Fruit Beverage	November 22, 2017 Double Meal Delivery Chicken Pot Pie Warm Wheat Biscuit Healthy Seasonal Vegetables 91g Carbs Peach Crisp Beverage	November 23, 2017 Special Holiday Meal MOW Closed Turkey, Stuffing, & Trimmings Sweet Potato Casserole Green Beans Pumpkin Pie Dinner Roll	November 24, 2017 Chilled Meal- MOW Closed Classic Chicken Salad on Lettuce Creamy Coleslaw Oregon Berry Mix 44g Carbs Beverage
November 27, 2017 Homestyle Meatloaf Topped with Gravy Buttery Mashed Potatoes Green Bean Salad 103g Carbs Fresh Fruit Beverage	November 28, 2017 Chicken Broccoli Alfredo Sunshine Carrots Healthy Venetian Veggies 67g Carbs Oatmeal Raisin Cookie Beverage	November 29, 2017 Shrimp Fajitas Chuckwagon Corn Veggie and Mango Salad Flour Tortilla 103g Carbs Fresh Fruit Beverage	November 30, 2017 Beefy Tomato Stew Sunshine Carrots Flavorful Green Vegetables 64g Carbs Fresh Fruit Beverage	
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 Friday, November 24, 2017 for Thanksgiving Day. The meal will be delivered on Wednesday, November 22, 2017. There will be a special Thanksgiving meal delivered by Volunteers on Thanksgiving Day, November 23, 2017.			
Frozen Meals	FROZEN MEAL entrees are prepared separately and will not be the same as the "Hot Meals" above.			
Comments	The amount of carbohydrates listed includes entrée, sides, fruit or dessert, and a carton of milk			
Menu Approved by Rhaizza Velasquez-Garcia, RD, LD License #DT84315 (expires 06/30/2019)				

RIG RD, LD

10/10/2017