


**Meals on Wheels--Christian Senior Services**

**November 1-30, 2017 Menu B**

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>November 1, 2017</b>	<b>November 2, 2017</b>	<b>November 3, 2017</b>
<b>Monthly Average</b> Calories: 657.58 calories Protein: 29.70 gm Carbohydrate: 97.88 gm Fat: 14.43 gm (19.76% of calories) Fiber: 9.33 gm Sodium: 575.80 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	Chicken Topped with Provencal Sauce Tri-color Quinoa Key West-style Vegetables  Fresh Banana* Beverage	Beef and Zucchini over Pasta Healthy Venetian Veggies Sunshine Carrots  Vanilla Pudding Beverage	Lemon Rice with Vegetables and Chicken Herbed Green Peas Colorful Vegetable Medley  Fruit Cup Beverage
<b>November 6, 2017</b>	<b>November 7, 2017</b>	<b>November 8, 2017</b>	<b>November 9, 2017</b>	<b>November 10, 2017</b>
<b>National Nachos Day</b>  Classic Nachos  Fruit Cup Beverage	Hawaiian Chicken and Rice Savory Green Beans Veggie and Mango Salad  Applesauce Beverage	Shepherd's Pie Healthy Venetian Veggies Sunshine Carrots  Fruit Cup Beverage	Honey Dijon Chicken Rice Pilaf Mixed of Caribbean-style Veggies  Rice Pudding Beverage	Beef Topped with Horseradish Sauce Buttery Mashed Potatoes Cantonese Blend  Fruit Cup Beverage
<b>November 13, 2017</b>	<b>November 14, 2017</b>	<b>November 15, 2017</b>	<b>November 16, 2017</b>	<b>November 17, 2017</b>
Chicken Empanadas Chuckwagon Corn Mixed of Caribbean-style Veggies  Custard Beverage	Creamy Beef Stroganoff Healthy Venetian Veggies Sunshine Carrots  Applesauce Beverage	Turkey Vegetable Chili over Rice Herbed Green Peas Colorful Seasonal Vegetables  Fruit Cup Beverage	Chicken Glazed with Rosemary Garlic Sauce Tri-color Quinoa Savory Green Beans  Tapioca Beverage	Apple Cider Beef Stew Sunshine Carrots with Broccoli Sunrise Fruit Medley  Vanilla Pudding Beverage
<b>November 20, 2017</b>	<b>November 21, 2017</b>	<b>November 22, 2017</b>	<b>November 23, 2017</b>	<b>November 24, 2017</b>
Chicken Topped with Enchilada Sauce Lemony Rice Pilaf Chuckwagon Corn  Applesauce Beverage	Beef Lo Mein Sunshine Carrots Green Vegetables with Mushroom  Fresh Banana* Beverage	<b>Double Meal Delivery</b> Chicken Pot Pie Warm Wheat Biscuit** Healthy Seasonal Vegetables  Peach Crisp Beverage	<b>Special Holiday Meal</b> <b>MOW Closed</b> Turkey, Stuffing, & Trimmings Sweet Potato Casserole Green Beans Pumpkin Pie Dinner Roll	<b>Chilled Meal- MOW Closed</b> Classic Chicken Salad on Lettuce Creamy Coleslaw Oregon Berry Mix  Beverage
<b>November 27, 2017</b>	<b>November 28, 2017</b>	<b>November 29, 2017</b>	<b>November 30, 2017</b>	
Beef Topped with Gravy Buttery Mashed Potatoes Green Bean Salad  Applesauce Beverage	Chicken Vegetable Linguine Sunshine Carrots Healthy Venetian Veggies  Custard Beverage	Beef Fajitas Chuckwagon Corn Veggie and Mango Salad Tortilla  Fresh Banana* Beverage	Chicken Glazed with Lemon Capers Sauce Tri-color Quinoa Flavorful Green Vegetables  Fruit Cup Beverage	
<b>Contact Phone Number: 735-5115</b>				
<b>Holiday Meal</b>	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.			
<b>Frozen Meals</b>	FROZEN MEAL entrees are prepared separately and will not be the same as the "Hot Meals" above.			
<b>Comments</b>	*Eat in moderation if you have renal disease		**Not suitable for clients on a gluten free diet	
Menu Approved by Rhaizza Velasquez-Garcia, RD, LD License #DT84315 (expires 06/30/2019) <span style="float: right; margin-right: 50px;"> <i>[Signature]</i>, RD, LD 10/10/2017                     </span>				