



Service.  
Support.  
Smart Aging.

## Meals on Wheels Menu

September 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5	6	7	8	9	10	11
	Awesome Pot Roast, Roasted Red Potatoes, Steamed Carrots, Banana	Salmon Lemonata, Baked Sweet Potato, Brussel Sprouts, Jello	Machaca Beef, Spicy Beans, Fajita Vegetables, Apple	Pulled Smoked Pork, Seasoned Pinto Beans, Garden Salad with FF Ranch, Orange	Bourbon Chicken, Brown Rice, Sauteed Vegetables, Pudding	
12	13	14	15	16	17	18
	Teriyaki Sirloin, Pagoda Rice, Mixed Vegetables, Jello	Down Home Mac N Cheese, Seasoned Green Beans, Apple	Chicken Bruschetta, Roasted Garlic Potato, Mixed Vegetables, Orange	Sirloin Tips, Wheat Penne, Garden Salad with FF Ranch, SF pudding	Oven Roasted Turkey, Smokey Mashed Potato, Chateau Vegetables, Fruit Cup	
19	20	21	22	23	24	25
	Parmesan Chicken, Baked Sweet Potato, Chateau Veggie Blend, Jello	Grilled Ham Steaks, Roasted Brussel Sprouts, Brown Rice, Orange	Meatloaf, Mashed Potato, Steamed Carrots, SF pudding	Down Home Mac N Cheese, Seasoned Green Beans, Peaches	Chicken Cacciatore, Wheat Penne, Squash Medley, Jello	
26	27	28	29	30	1	2
	Beef Lasanga, Italian Vegetables, Orange	Smokey Beef Tips, Wheat Penne, Gravy, Steamed Carrots, Apple	Grilled Hamburger, Wheat Bun, Garden Salad with FF Italian, Jello	Honey Pineapple Chicken, Baked Sweet Potato, California Vegetables, Orange	Beef Chili, Wheat Pasta, Chateau Vegetables, Fruit Cup	
3	4	5	SF - Sugar Free FF - Fat Free ALL meals will come with Milk ** All meals are subject to change based on availability **		If you ever need to cancel / hold meals or have questions feel free to reach us at <b>303 - 426 - 4408 x210 (Emma)</b>	



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### Meals on Wheels Nutrition Information

2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Calories 560 kcal Fat 24.5g Protein 27g Total Carbohydrates 63g Sodium 1260mg Sugar 31g	Calories 560 kcal Fat 29.5g Protein 21g Total Carbohydrates 56g Sodium 1560mg Sugar 18g	Calories 495 kcal Fat 20.5g Protein 32g Total Carbohydrates 75g Sodium 1410mg Sugar 22g	Calories 615 kcal Fat 19g Protein 45g Total Carbohydrates 65g Sodium 1180mg Sugar 36g	Calories 570kcal Fat 22g Protein 33g Total Carbohydrates 59g Sodium 810mg Sugar 24g	
	Calories 550 kcal Fat 30g Protein 30g Total Carbohydrates 40.5g Sodium 1520mg Sugar 19g	Calories 520kcal Fat 25.5g Protein 22g Total Carbohydrates 52g Sodium 1170mg Sugar 28g	Calories 580kcal Fat 29g Protein 31g Total Carbohydrates 45g Sodium 1370mg Sugar 24g	Calories 615kcal Fat 22g Protein 36g Total Carbohydrates 58g Sodium 1190mg Sugar 24g	Calories 500kcal Fat 17.5g Protein 42g Total Carbohydrates 48g Sodium 530mg Sugar 24g	
	Calories 520 kcal Fat 18g Protein 29g Total Carbohydrates 60g Sodium 850mg Sugar 20g	Calories 470kcal Fat 13g Protein 27g Total Carbohydrates 57g Sodium 1340mg Sugar 28g	Calories 700 kcal Fat 39g Protein 27g Total Carbohydrates 58g Sodium 1460mg Sugar 23g	Calories 520kcal Fat 25g Protein 23g Total Carbohydrates 52g Sodium 1170mg Sugar 16g	Calories 525kcal Fat 24g Protein 36g Total Carbohydrates 45g Sodium 1310mg Sugar 17g	
	Calories 420kcal Fat 18g Protein 23g Total Carbohydrates 57g Sodium 1160mg Sugar 28g	Calories 465kcal Fat 17g Protein 35g Total Carbohydrates 44g Sodium 640mg Sugar 19g	Calories 725kcal Fat 29g Protein 38g Total Carbohydrates 72g Sodium 1475mg Sugar 26g	Calories 470kcal Fat 14g Protein 29g Total Carbohydrates 60g Sodium 720mg Sugar 33g	Calories 560kcal Fat 20g Protein 27g Total Carbohydrates 74g Sodium 1240mg Sugar 29g	
28						