



Service.  
Support.  
Smart Aging.

### Meals on Wheels Menu

October 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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 x209 (Mandee) x210 (Emma)</b>		1	2
					Beef Chili, Wheat Pasta, Chateau Veggies, Fruit Cup	
3	4	5	6	7	8	9
	Shepherds Pie, Seasoned Peas and Carrots, SF Pudding	Beer Bratwurst and Onions, Garlic Mashed Potatoes, Green Beans, Jello	Beef Lasagna, Italian Veggies, Orange	Grilled Pork Chops, Roasted Potatoes, Squash Medley, Apple	Whole Wheat Spaghetti with Meat Red Sauce, Spiced Carrot, Jello	
10	11	12	13	14	15	16
	Teriyaki Beef, Pagoda Rice, Mixed Veggie, Jello	Down Home Mac n Cheese with Bacon and Ham, Tomato Green Beans, Banana	Chicken Bruschetta, Roasted Garlic Potato, California Veggie, Orange	Sirloin Tips and Wheat Penne, Garden Salad with FF Ranch, SF Pudding	Oven Roasted Turkey, Smokey Mashed Potatoes, Cauliflower, Apple	
17	18	19	20	21	22	23
	Parmesan Chicken, Roasted Sweet Potato, Chateau Veggies, Jello	Grilled Ham Steaks, Roasted Brussel Sprouts, Brown Rice, Orange	Meatloaf, Roasted Potatoes, Garden Salad with FF Ranch, SF Pudding	Chicken Fajitas, Refried Beans, Fajita Veggies, SF Pudding	Chicken Cacciatore, Wheat Penne, Squash Medley, Banana	
24	25	26	27	28	29	30
	Basil & Garlic Chicken, Roasted Red Potato, Green Beans, SF Pudding	Smokey Beef Tips, Wheat Penne, Gravy, Steamed Carrots, Apple	Baked Lemon Garlic Swai, Brown Rice, Garden Salad with FF Italian, Jello	Honey Pineapple Chicken, Sweet Potato, California Veggies, Orange	Beef Chili, Wheat Pasta, Chateau Veggies, Fruit Cup	



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## Meals on Wheels Nutrition Information

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					Calories 645kcal Fat 15.5g Protein 36g Total Carbohydrates 84g Sodium 985mg Sugar 29g	
3	4	5	6	7	8	9
	Calories 605kcal Fat 29.5g Protein 36.5g Total Carbohydrates 50.5g Sodium 1120mg Sugar 12g	Calories 470 kca Fat 27g Protein 22.5g Total Carbohydrates 37g Sodium 900mg Sugar 9g	Calories 525 kcal Fat 17.5g Protein 32g Total Carbohydrates 71g Sodium 1200mg Sugar 22g	Calories 480kcal Fat 19g Protein 35g Total Carbohydrates 38g Sodium 415mg Sugar 12g	Calories 660kcal Fat 17.5g Protein 32g Total Carbohydrates 81g Sodium 350mg Sugar 27g	
10	11	12	13	14	15	16
	Calories 440 kca Fat 15g Protein 24.5g Total Carbohydrates 51.5g Sodium 815mg Sugar 22g	Calories 485kca Fat 22g Protein 26g Total Carbohydrates 52g Sodium 965mg Sugar 23g	Calories 490kcal Fat 12g Protein 47g Total Carbohydrates 50g Sodium 445mg Sugar 22g	Calories 700kcal Fat 30g Protein 47g Total Carbohydrates 76g Sodium 1070mg Sugar 24g	Calories 430kcal Fat 17g Protein 38g Total Carbohydrates 36.5g Sodium 460mg Sugar 13g	
17	18	19	20	21	22	23
	Calories 565kcal Fat 23g Protein 38.5g Total Carbohydrates 41.5g Sodium 615mg Sugar 20g	Calories 460kcal Fat 13.5g Protein 37g Total Carbohydrates 56g Sodium 1170mg Sugar 23g	Calories 545kcal Fat 29g Protein 28g Total Carbohydrates 53g Sodium 1150mg Sugar 21g	Calories 595 kcal Fat 17g Protein 53g Total Carbohydrates 52g Sodium 954mg Sugar 17g	Calories 715kcal Fat 25.5g Protein 44g Total Carbohydrates 87g Sodium 615mg Sugar 25g	
24	25	26	27	28	29	30
	Calories 490kcal Fat 12g Protein 47g Total Carbohydrates 50g Sodium 445mg Sugar 22g	Calories 585kca Fat 20.5g Protein 43g Total Carbohydrates 67g Sodium 710mg Sugar 17g	Calories 515kcal Fat 12g Protein 55.5g Total Carbohydrates 28g Sodium 645mg Sugar 15.5g	Calories 485kcal Fat 17g Protein 31g Total Carbohydrates 46g Sodium 485mg Sugar 29g	Calories 645kcal Fat 15.5g Protein 36g Total Carbohydrates 84g Sodium 985mg Sugar 29g	