



Service.  
Support.  
Smart Aging.

## Meals on Wheels Menu

November 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	Chicken Fajitas, Refried Beans, Fajita Veggies, SF Pudding	Cranberry Glazed Ham, Roasted Brussel Sprouts, Brown Rice, Mandarin Orange	Machacha Beef, Spicy Pinto Beans, FAJITA VEG, Pears	Chicken Carbonara, Wheat Penne, Garlic Basil Green Beans, Fruit Cup	Whole Wheat Spaghetti w/ Red Meat Sauce, Spiced Carrot, Rice Krispy	
7	8	9	10	11	12	13
	Teriyaki Beef, Pagoda Rice, Mixed Veggies, Jello	Down Home Mac n Cheese with Bacon and Ham, Green Beans, Peaches	Chicken Bruschetta, Brown Rice, California Veggies, Rice Krispy Treat	Sirloin Tips and Wheat Penne, Garden Salad and FF Ranch, SF Pudding	Oven Roasted Turkey, Smokey Mashed Potato, Chateau Veggies, Chocolate Chip Cookie	
14	15	16	17	18	19	20
	Maple Glazed Chicken, Roasted Sweet Potato, Chateau Veggie Blend, Jello	Grilled Ham Steaks, Roasted Brussel Sprouts, Brown Rice, Mandarin Orange	Sirloin Tips, Mashed Potato, Garden Salad with FF Ranch, SF Pudding	Beef Taco, Refried Beans, Fajita Veggies, SF Pudding	Chicken Cacciatore, Penne Pasta with Alfredo, Squash Medley, SF Jello	
21	22	23	24	25	26	27
	Basil & Garlic Chicken, Roasted Red Potato, Green Beans, Rice Krispy	Smokey Beef Tips, Penne Pasta, Brown Gravy, Steamed Carrots, Oatmeal Cookie	Baked Lemon Garlic Swai, Brown Rice, Garden Salad with FF Italian, SF Pudding	Honey Pineapple Chicken, Sweet Potato, California Veggie, Rice Krispy	Beef Chili, Wheat Pasta, Chateau Veggie, Fruit Cup	
28	29	30		SF - Sugar Free FF - Fat Free ALL meals will come with Milk ** All meals are subject to change based on availability **		
	Parmisian Chicken, Roasted Sweet Potato, Chateau Veggi Blend, Jello	Grilled Ham Steaks, Roasted Brussel Sprouts, Brown Rice, orange				



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## Meals on Wheels Nutrition Information

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	Calories 450 kcal Fat 8g Protein 17g Total Carbohydrates 69g Sodium 1190mg Sugar 18g	Calories 320kcal Fat 5g Protein 18g Total Carbohydrates 54g Sodium 960mg Sugar 25g	Calories 490 kcal Fat 15g Protein 28g Total Carbohydrates 57g Sodium 1250mg Sugar 26g	Calories 550 kcal Fat 19g Protein 27g Total Carbohydrates 70g Sodium 380mg Sugar 20g	Calories 420 kcal Fat 5g Protein 14g Total Carbohydrates 82g Sodium 270mg Sugar 13g	
7	8	9	10	11	12	13
	Calories 410 kcal Fat 16g Protein 25g Total Carbohydrates 40g Sodium 300mg Sugar 6g	Calories 380 kcal Fat 15g Protein 15g Total Carbohydrates 45g Sodium 680mg Sugar 17g	Calories 360kcal Fat 14g Protein 17g Total Carbohydrates 38g Sodium 270mg Sugar 9g	Calories 550 kcal Fat 13g Protein 21g Total Carbohydrates 82g Sodium 840mg Sugar 9g	Calories 500 kcal Fat 5g Protein 15g Total Carbohydrates 84g Sodium 1550mg Sugar 8g	
14	15	16	17	18	19	20
	Calories 450 kcal Fat 19g Protein 22g Total Carbohydrates 30g Sodium 940mg Sugar 49g	Calories 230 kcal Fat 5g Protein 18g Total Carbohydrates 32g Sodium 990mg Sugar 8g	Calories 590 kcal Fat 10g Protein 18g Total Carbohydrates 96g Sodium 1170mg Sugar 4g	Calories 410 kcal Fat 16g Protein 26g Total Carbohydrates 41g Sodium 690mg Sugar 3g	Calories 360kcal Fat 17g Protein 22g Total Carbohydrates 34g Sodium 350mg Sugar 5g	
21	22	23	24	25	26	27
	Calories 550 kca Fat 24g Protein 25g Total Carbohydrates 60g Sodium 270mg Sugar 15g	Calories 550kcal Fat 10g Protein 20g Total Carbohydrates 87g Sodium 970mg Sugar 11	Calories 270kcal Fat 7g Protein 16g Total Carbohydrates 38g Sodium 400mg Sugar 5g	Calories 490kcal Fat 16g Protein 17g Total Carbohydrates 70g Sodium 980mg Sugar 31g	Calories 420kcal Fat 5g Protein 11g Total Carbohydrates 75g Sodium 440mg Sugar 20g	
28	29	30				
	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				