



Service.
Support.
Smart Aging.

Meals on Wheels Menu

January 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	3	4	5	6	7	8
	Chicken Fajitas, Black Beans, Fajita Veg, Pudding	Beer Bratwurst & Onions, Roasted Garlic Potatoes, Green Beans, Jello	Beef Lasagna, Italian Veggies, Orange	Grilled Pork, Roasted Potatoes, Squash Medley, Pudding	Whole Wheat Spaghetti with Red Meat Sauce, Spiced Carrot, Apple	
9	10	11	12	13	14	15
	Teriyaki Beef, Pagoda Rice, Mixed Veggies, Jello	Down Home Mac n Cheese with Bacon & Ham, Broccoli, Apple	Chicken Bruschetta, Roasted Garlic Potato, California Veggies, Orange	Basa Piccata, Peas and Carrots, SF Pudding	Oven Roated Turkey, Smokey Mashed Potatoes, Cauliflower, Jello	
16	17	18	19	20	21	22
	Grilled Chopped Steak, Roasted Sweet Potato, Chateau Veggie Blend, Jello	Grilled Ham Steaks, Roasted Brussel Sprouts, Brown Rice, Orange	Meatloaf & Mashed Potato, Roasted Zucchini, SF Pudding	Beef and Bean Burrito, Green Chili, Rice, Roasted Veggies	Chicken Lo Mein, Broccoli, Apple	
23	24	25	26	27	28	29
	Pulled Pork, Penne Pasta, Steamed Carrots, Pudding	Honey Pineapple Chicken, California Veggie, Brown Rice, Mandarin Oranges	Baked Lemon Garlic Swai, Brown Rice, Italian Veggies, Jello	Wheat Pasta, Beef Chili, Chateau, Banana	Chicken Parmesan, Roasted garlic potato, California Veggi, Orange	
30	31	If you ever need to cancel / hold meals or have questions feel free to reach us at 303 - 426 - 4408 x209 (Mandee) x210 (Emma)		SF - Sugar Free FF - Fat Free ALL meals will come with Milk ** All meals are subject to change based on availability **		



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Meals on Wheels Nutrition Information

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	3	4	5	6	7	8
	Calories 640 kca Fat 20g Protein 22g Total Carbohydrates 79g Sodium 210mg Sugar 34g	Calories 430 kca Fat 25g Protein 17g Total Carbohydrates 32g Sodium 700mg Sugar 5g	Calories 400 kcal Fat 15g Protein 17g Total Carbohydrates 52g Sodium 540mg Sugar 17g	Calories 400 kcal Fat 23g Protein 20g Total Carbohydrates 27g Sodium 500mg Sugar 0g	Calories 410kcal Fat 4g Protein 14g Total Carbohydrates 83g Sodium 200mg Sugar 18g	
9	10	11	12	13	14	15
	Calories 410 kca Fat 16g Protein 25g Total Carbohydrates 40g Sodium 300mg Sugar 6g	Calories 430 kca Fat 19g Protein 19g Total Carbohydrates 48g Sodium 890mg Sugar 12g	Calories 380kcal Fat 14g Protein 19g Total Carbohydrates 46g Sodium 220mg Sugar 18g	Calories 460 kca Fat 6g Protein 22g Total Carbohydrates 80g Sodium 360mg Sugar 17g	Calories 320 kcal Fat g Protein 14g Total Carbohydrates 53g Sodium 1210mg Sugar 5g	
16	17	18	19	20	21	22
	Calories 390 kca Fat 8g Protein 17g Total Carbohydrates 53g Sodium 800mg Sugar 7g	Calories 330 kca Fat 6g Protein 22g Total Carbohydrates 50g Sodium 1160mg Sugar 15g	Calories 450kcal Fat 6g Protein 14g Total Carbohydrates 79g Sodium 1840mg Sugar 12g	Calories 370 kca Fat 6g Protein 16g Total Carbohydrates 67g Sodium 240mg Sugar 29g	Calories 410 kcal Fat 13g Protein 19g Total Carbohydrates 56g Sodium 700mg Sugar 40g	
23	24	25	26	27	28	29
	Calories 470 kca Fat 9g Protein 30g Total Carbohydrates 70g Sodium 190mg Sugar 8g	Calories 380 kca Fat 14g Protein 18g Total Carbohydrates 46g Sodium 810mg Sugar 17g	Calories 310 Fat 9g Protein 24g Total Carbohydrates 33g Sodium 580mg Sugar 4g	Calories 420kcal Fat 5g Protein 11g Total Carbohydrates 75g Sodium 440mg Sugar 20g	Calories 420 kcal Fat 17g Protein 22g Total Carbohydrates 46g Sodium 490mg Sugar 18g	