



Service.
Support.
Smart Aging.

Meals on Wheels Menu

April 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
	If you ever need to cancel / hold meals or have questions feel free to reach us at 303 - 426 - 4408 x209 (Mandee) x210 (Emma)				Whole Wheat Spaghetti with Red Sauce, Spiced Carrot, Orange, 1% Milk	
3	4	5	6	7	8	9
	Awesome Pot Roast, Red Potatoes, Steamed Carrots, Banana & 1% Milk	Salmon Lemonata, Brown Rice, Brussel Sprouts, Orange & 1% Milk	Machaca Beef, Spicy Black Beans, Fajita Veg, Fruit Cup & 1% Milk	Pulled Pork, Seasoned Pinto Beans, Garden Salad with FF Ranch, Banana & 1% Milk	Baked Chicken, Brown Rice, Sauteed Vegetables, Pudding, Apple & 1% Milk	
10	11	12	13	14	15	16
	Down Home Mac N Cheese with Bacon & Ham, Broccoli, Fruit Cup, SF Pudding, Skim Milk	Hamburger, Roasted Red Potato, Mixed Veggies, Fruit Cup, Jello, 1% Milk	Cuban Beef, Roasted Garlic Potato, California Veggie, Orange, & 1% Milk	Brats & Baked Beans, Peppers & Onion, Garden Salad with FF Ranch, Orange & 1% Milk	Beef & Bean Burrito, Mexican Rice, Black Beans & Corn, Mixed Vegetables, Fruit Cup & 1% Milk	
17	18	19	20	21	22	23
	Parmesan Chicken, Brown Rice, Chateau Veggie Blend, Orange, Jello & Skim Milk	Grilled Ham Steaks, Roasted Brussel Sprouts, Quinoa, Banana, 1% Milk	Meatloaf & Mashed Potato, Mixed Vegetables, Orange & Skim Milk	Baked Basa Picatta, Toasted Pearl Couscous, Tomato Green Beans, Banana, & 1% Milk	Oven Roasted Turkey, Roasted Sweet Potato, Mixed Vegetables, Apple & 1% Milk	
24	25	26	27	28	29	30
	Beef Lasagna, Italian Veggies, Orange, & 1% Milk	Pork Lo Mein, Snow Peas, Broccoli & Zucchini, Fruit Cup, SF Pudding & 1% Milk	Grilled Salisbury Steak, Baked Beans, Garden Salad with FF Ranch, Jello, Banana & 1% Milk	Honey Pineapple Chicken, Garlic Roasted Yukon Potato, California Veggies, Orange & Skim Milk	Wheat Pasta, Beef Chili, Chateau Veggies, Fruit Cup & 1% Milk	



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Meals on Wheels Nutrition Information

April 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Questions about the nutritional information? Please reach out to our Registered Dietitian, Stephanie Tarnacki at (860) 918 - 8466, or at stephtarnacki@gmail.com				1	2
					Calories 620 kcal Fat 9g Protein 35g Total Carbohydrates 106g Sodium 390mg Sugar 33g	
	4	5	6	7	8	9
	Calories 640kcal Fat 12g Protein 33g Total Carbohydrates 100g Sodium 1020mg Sugar 41g	Calories 640kcal Fat 24g Protein 36g Total Carbohydrates 75g Sodium 980mg Sugar 31g	Calories 630kcal Fat 18g Protein 42g Total Carbohydrates 74g Sodium 1190mg Sugar 31g	Calories 590kcal Fat 10g Protein 38g Total Carbohydrates 89g Sodium 500mg Sugar 36g	Calories 580kcal Fat 8g Protein 35g Total Carbohydrates 95g Sodium 1140mg Sugar 54g	
10	11	12	13	14	15	16
	Calories 610kcal Fat 21g Protein 6g Total Carbohydrates 82g Sodium 1040mg Sugar 31g	Calories 620 kcal Fat 12g Protein 37g Total Carbohydrates 93g Sodium 1040mg Sugar 25g	Calories 610kcal Fat 9g Protein 44g Total Carbohydrates 87g Sodium 230mg Sugar 36g	Calories 730kcal Fat 35g Protein 29g Total Carbohydrates 76g Sodium 960mg Sugar 41g	Calories 620kcal Fat 8g Protein 33g Total Carbohydrates 108g Sodium 370mg Sugar 43g	
17	18	19	20	21	22	23
	Calories 600 kcal Fat 24g Protein 38g Total Carbohydrates 60g Sodium 810mg Sugar 29g	Calories 600kcal Fat 13g Protein 32g Total Carbohydrates 94g Sodium 1200mg Sugar 39g	Calories 740 kcal Fat 16g Protein 32g Total Carbohydrates 113g Sodium 970mg Sugar 32g	Calories 640kcal Fat 11g Protein 38g Total Carbohydrates 99g Sodium 640mg Sugar 32g	Calories 650 kcal Fat 6g Protein 30g Total Carbohydrates 113g Sodium 1020mg Sugar 43g	
24	25	26	27	28	29	30
	Calories 650 kcal Fat 23g Protein 34g Total Carbohydrates 81g Sodium 1110mg Sugar 32g	Calories 650kcal Fat 24g Protein 34g Total Carbohydrates 74g Sodium 1060mg Sugar 64g	Calories 620kcal Fat 9g Protein 26g Total Carbohydrates 103g Sodium 990mg Sugar 42g	Calories 630kcal Fat 17g Protein 30g Total Carbohydrates 90g Sodium 1060mg Sugar 51g	Calories 640kcal Fat 12g Protein 20g Total Carbohydrates 103g Sodium 970mg Sugar 36g	