



Service.  
Support.  
Smart Aging.

## Meals on Wheels Menu

May 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	Salisbury Steak, Sauteed Vegetables, Brown Rice, Mandarin Orange	Cranberry Glazed Ham, Roasted Brussel Sprouts, Brown Rice, Banana	Machaca Beef, Spicy Black Beans, Fajita Veg, Fruit Cup	Chicken Carbonara, Wheat Penne, Garlic Basil Green Beans, Fruit Cup	Whole Wheat Spaghetti with Red Meat Sauce, Spiced Carrot, Orange	
8	9	10	11	12	13	14
	Teriyaki Beef, Pagoda Rice, Mixed Veggie, Jello	Down Home Mac N Cheese with Bacon & Ham, Broccoli, Fruit Cup, SF Pudding	Chicken Bruschetta, Infused Brown Rice, California Veggie, Rice Krispy Treat	Sirloin Tips & Wheat Penne with Alfredo, Garden Salad with FF Ranch, Jello	Oven Roasted Turkey, Roasted Sweet Potato, Mixed Vegetables, Apple	
15	16	17	18	19	20	21
	Maple Glazed Chicken, Roasted Red Potato, Green Beans, Jello &	Grilled Ham Steaks, Roasted Brussel Sprouts, Quinoa, Banana	Sirloin Tips & Baked Potato Wedges, Garden Salad & FF Ranch, Orange	Beef Taco, Refried Beans, Fajita Veggies, Orange	Chicken Cacciatore, Penne Pasta, Squash Medley, Banana	
22	23	24	25	26	27	28
	Basil & Garlic Chicken, Roasted Red Potato, Green Beans, Apple	Smokey Beef Tips, Penne Pasta, Gravy, Broccoli, Orange	Baked Lemon Garlic Swai, Brown Rice, Italian Veggies, Orange	Honey Pineapple Chicken, Garlic Roasted Yukon Potato, California Veggies, Orange	Wheat Pasta, Beef Chili, Chateau Veggies, Fruit Cup	
29	30	31	<p>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></p>			
	Awesome Pot Roast, Red Potatoes, Steamed Carrots, Banana	Garlic Parm Basa Fish, Rosemary Sweet Potato, Brussil Sprout, Jello				



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## Meals on Wheels Nutrition Information

May 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	Calories 600 kcal Fat 10g Protein 27g Total Carbohydrates 95g Sodium 1190mg Sugar 32g	Calories 630 kcal Fat 8g Protein 33g Total Carbohydrates 114g Sodium 1090mg Sugar 44g	Calories 630kcal Fat 18g Protein 42g Total Carbohydrates 74g Sodium 1190mg Sugar 31g	Calories 700kcal Fat 20g Protein 37g Total Carbohydrates 92g Sodium 490mg Sugar 34g	Calories 620 kcal Fat 9g Protein 35g Total Carbohydrates 106g Sodium 390mg Sugar 33g	
8	9	10	11	12	13	14
	Calories 650 kcal Fat 19g Protein 37g Total Carbohydrates 80g Sodium 450mg Sugar 21g	Calories 610kcal Fat 21g Protein 6g Total Carbohydrates 82g Sodium 1040mg Sugar 31g	Calories 640 kcal Fat 24g Protein 35g Total Carbohydrates 74g Sodium 480mg Sugar 35g	Calories 620 kcal Fat 14g Protein 29g Total Carbohydrates 85g Sodium 920mg Sugar 20g	Calories 650 kcal Fat 6g Protein 30g Total Carbohydrates 113g Sodium 1020mg Sugar 43g	
15	16	17	18	19	20	21
	Calories 680kcal Fat 23g Protein 36g Total Carbohydrates 60g Sodium 990mg Sugar 60g	Calories 600kcal Fat 13g Protein 32g Total Carbohydrates 94g Sodium 1200mg Sugar 39g	Calories 600kcal Fat 12g Protein 26g Total Carbohydrates 92g Sodium 820mg Sugar 32g	Calories 730kcal Fat 25g Protein 39g Total Carbohydrates 87g Sodium 1040mg Sugar 30g	Calories 610kcal Fat 21g Protein 33g Total Carbohydrates 79g Sodium 470mg Sugar 32g	
22	23	24	25	26	27	28
	Calories 610kcal Fat 24g Protein 35g Total Carbohydrates 68g Sodium 210mg Sugar 33g	Calories 650kcal Fat 11g Protein 32g Total Carbohydrates 98g Sodium 1110mg Sugar 27g	Calories 650kcal Fat 17g Protein 35g Total Carbohydrates 93g Sodium 750mg Sugar 40g	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	
29	30	31	<p>Questions about the nutritional information? Please reach out to our Registered Dietitian, <b>Stephanie Tarnacki at (860) 918 - 8466,</b> or at <a href="mailto:stephtarnacki@gmail.com">stephtarnacki@gmail.com</a></p>			
	Calories 640kcal Fat 12g Protein 33g Total Carbohydrates 100g Sodium 1020mg Sugar 41g	Calories 460kcal Fat 11g Protein 14g Total Carbohydrates 76g Sodium 600mg Sugar 3g				