



Service.
Support.
Smart Aging.

Meals on Wheels Menu

June 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>If you ever need to cancel / hold meals or have questions feel free to reach us at 303 - 426 - 4408 x209 (Mandee) x210 (Emma)</p>		1	2	3	4
			<p>Machaca Beef, Spicy Beans, Fajita Vegetables, Orange, & 1% Milk</p>	<p>Pulled Smoked Pork, Seasoned Pinto Beans, Green Beans, Banana, & 1% Milk</p>	<p>Bourbon Chicken, Brown Rice, Sauteed Vegetables, Apple, SF Pudding, & 1% Milk</p>	
5	6	7	8	9	10	11
	<p>Tomato Pesto Chicken, Roasted Sweet Potato, Chateau Veggie Blend, Orange, & 1% Milk</p>	<p>Cranberry Glazed Ham, Roasted Brussel Sprouts, Brown Rice, Banana, & 1% Milk</p>	<p>Turkey Stroganoff & Penne Pasta, Roasted Vegetables, SF Pudding, Orange & 1% Milk</p>	<p>Chicken Carbonara, Wheat Penne, Garlic Basil Green Beans, Peaches, 1% Milk</p>	<p>Whole Wheat Spaghetti with Red Meat Sauce, Spiced Carrot, Fruit Cup, & 1% Milk</p>	
12	13	14	15	16	17	18
	<p>BBQ Pork, Baked Beans, Mixed Vegetables, Orange, & 1% Milk</p>	<p>Down Home Mac N Cheese with Bacon and Ham, Tomato Green Beans, Fruit Cup, & 1% Milk</p>	<p>Chicken Bruschetta, Brown Rice, California Veggies, Orange, & 1% Milk</p>	<p>Salisbury Steak, Sauteed Vegetables, Brown Rice, Orange, & 1% Milk</p>	<p>Baked Fish Picatta, Dill Rice, Chateau Veggies, Banana, & 1% Milk</p>	
19	20	21	22	23	24	25
	<p>Awesome Pot Roast, Red Potatoes, Steamed Carrots, Fruit Cup, & 1% Milk</p>	<p>Salmon Lemonata, Brown Rice, Brussel Sprouts, Jello, & 1% Milk</p>	<p>Machaca Beef, Spicy Beans, Fajita Vegetables, Orange, & 1% Milk</p>	<p>Pulled Smoked Pork, Seasoned Pinto Beans, Green Beans, Banana, & 1% Milk</p>	<p>Bourbon Chicken, Brown Rice, Sauteed Vegetables, Apple, SF Pudding, & 1% Milk</p>	
26	27	28	29	30	1	
	<p>Basil & Garlic Chicken, Sweet Potato, Chateau Veggie Blend, Orange, & 1% Milk</p>	<p>Smokey Beef Tips, Wild Rice, Gravy, Broccoli, Jello, & 1% Milk</p>	<p>Baked Lemon Garlic Swai, Brown Rice, Italian Veggies, Orange, Chocolate Chip Cookie, & 1% Milk</p>	<p>Beef & Bean Burrito topped with Green Chili, Brown, Black Beans, Fruit Cup, & 1% Milk</p>		



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Meals on Wheels Nutrition Information

June 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>Questions about the nutritional information? Please reach out to our Registered Dietitian, Stephanie Tarnacki at (860) 918 - 8466, or at stephtarnacki@gmail.com</p>		1	2	3	4
			Calories 630kcal	Calories 590kcal	Calories 580kcal	
			Fat 18g	Fat 10g	Fat 8g	
			Protein 42g	Protein 38g	Protein 35g	
			Total Carbohydrates 74g	Total Carbohydrates 89g	Total Carbohydrates 95g	
	Sodium 1190mg	Sodium 500mg	Sodium 1140mg			
	Sugar 31g	Sugar 36g	Sugar 54g			
5	6	7	8	9	10	11
	Calories 620kcal	Calories 630 kcal	Calories 610kcal	Calories 700kcal	Calories 620 kcal	
	Fat 22g	Fat 8g	Fat 16g	Fat 20g	Fat 9g	
	Protein 34g	Protein 33g	Protein 36g	Protein 37g	Protein 35g	
	Total Carbohydrates 74g	Total Carbohydrates 114g	Total Carbohydrates 84g	Total Carbohydrates 92g	Total Carbohydrates 106g	
	Sodium 350mg	Sodium 1090mg	Sodium 450mg	Sodium 490mg	Sodium 390mg	
	Sugar 37g	Sugar 44g	Sugar 30g	Sugar 34g	Sugar 33g	
12	13	14	15	16	17	18
	Calories 540kcal	Calories 610kcal	Calories 640 kcal	Calories 600 kcal	Calories 520kcal	
	Fat 11g	Fat 21g	Fat 24g	Fat 10g	Fat 11g	
	Protein 41g	Protein 6g	Protein 35g	Protein 27g	Protein 33g	
	Total Carbohydrates 75g	Total Carbohydrates 82g	Total Carbohydrates 74g	Total Carbohydrates 95g	Total Carbohydrates 70g	
	Sodium 430mg	Sodium 1040mg	Sodium 480mg	Sodium 1190mg	Sodium 700mg	
	Sugar 43g	Sugar 31g	Sugar 35g	Sugar 32g	Sugar 31g	
19	20	21	22	23	24	25
	Calories 590kcal	Calories 640kcal	Calories 630kcal	Calories 590kcal	Calories 580kcal	
	Fat 12g	Fat 24g	Fat 18g	Fat 10g	Fat 8g	
	Protein 32g	Protein 36g	Protein 42g	Protein 38g	Protein 35g	
	Total Carbohydrates 90g	Total Carbohydrates 75g	Total Carbohydrates 74g	Total Carbohydrates 89g	Total Carbohydrates 95g	
	Sodium 1010mg	Sodium 980mg	Sodium 1190mg	Sodium 500mg	Sodium 1140mg	
	Sugar 40g	Sugar 31g	Sugar 31g	Sugar 36g	Sugar 54g	
26	27	28	29	30		
	Calories 620kcal	Calories 590kcal	Calories 650kcal	Calories 570kcal		
	Fat 22g	Fat 11g	Fat 17g	Fat 8g		
	Protein 34g	Protein 30g	Protein 35g	Protein 30g		
	Total Carbohydrates 74g	Total Carbohydrates 88g	Total Carbohydrates 93g	Total Carbohydrates 99g		
	Sodium 350mg	Sodium 1030mg	Sodium 750mg	Sodium 370mg		
	Sugar 37g	Sugar 25g	Sugar 40g	Sugar 43g		