



Service.
Support.
Smart Aging.

Meals on Wheels Menu

July 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	If you ever need to cancel / hold meals or have questions feel free to reach us at 303 - 426 - 4408 x209 (Mandee) x210 (Emma)				1	2
						Meatloaf, Tomato Green Beans, Roasted Red Potatoes, Fruit Cup, & 1% Milk
3	4	5	6	7	8	9
	Chicken Fajita Bowl, Black Beans, Spanish Rice, Fajita Veggies, Orange & 1% Milk	Salisbury Steak, Roasted Red Potato, Basil Garlic Green Beans, Jello, & 1% Milk	Beef Lasagna, Italian Veggies, Orange, & 1% Milk	Italian Pork, Roasted Potatoes, Squash Medley, Orange, Pudding, & 1% Milk	Whole Wheat Spaghetti with Red Meat Sauce, Spiced Carrot, Fruit Cup & 1% Milk	
10	11	12	13	14	15	16
	Teriyaki Beef, Pagoda Rice, Mixed Veggies, Jello, & 1% Milk	Down Home Mac & Cheese with Bacon and Ham, Broccoli, Fruit Cup & 1% Milk	Chicken Bruschetta, Brown Rice, California Veggies, Orange, & 1% Milk	Basa Piccata, Brown Rice, Steamed Carrots, Banana, SF Pudding, & 1% Milk	Beef Tacos, Refried Beans, Fajita Veggies, SF Pudding, Orange & Skim Milk	
17	18	19	20	21	22	23
	Meatloaf, Roasted Red Potatoes, Mixed Vegetables, Apple & 1% Milk	Grilled Ham Steaks, Roasted Brussel Sprouts, Brown Rice, Banana & 1% Milk	Awesome Pot Roast, Red Potatoes, Steamed Carrots, Banana & 1% Milk	Salmon Lemonata, Brown Rice, Brussel Sprouts, Orange & 1% Milk	Asian Chicken & Noodles, Squash Medley, Banana, & 1% Milk	
24	25	26	27	28	29	30
	Cuban Beef, Roasted Garlic Potato, California Veggie, Orange & 1% Milk	Honey Pineapple Chicken, Red Roasted Potato, California Veggies, Mandarins, 1% Milk	Baked Lemon Garlic Swai, Brown Rice, Italian Veggies, Jello, & 1% Milk	Western Chili, Penne Pasta, Chateau Veg, Fruit Cup & 1% Milk	Chicken Parmesan, Brown Rice, California Veggie, Orange, Jello & 1% Milk	



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Meals on Wheels Nutrition Information

July 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
3	4	5	6	7	8	9
	Calories 710 kcal Fat 19g Protein 28g Total Carbohydrates 91g Sodium 210mg Sugar 29g	Calories 550 kcal Fat 11g Protein 28g Total Carbohydrates 75g Sodium 970mg Sugar 19g	Calories 650kcal Fat 23g Protein 32g Total Carbohydrates 81g Sodium 1110mg Sugar 32g	Calories 600kcal Fat 17g Protein 39g Total Carbohydrates 83g Sodium 210mg Sugar 32g	Calories 620 kcal Fat 9g Protein 35g Total Carbohydrates 106g Sodium 390mg Sugar 33g	
10	11	12	13	14	15	16
	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 590 kcal Fat 11g Protein 32g Total Carbohydrates 96g Sodium 590mg Sugar 35g	Calories 700 kcal Fat 24g Protein 35g Total Carbohydrates 85g Sodium 970mg Sugar 30g	
17	18	19	20	21	22	23
	Calories 580 kcal Fat 17g Protein 31g Total Carbohydrates 80g Sodium 490mg Sugar 34g	Calories 600kcal Fat 13g Protein 32g Total Carbohydrates 94g Sodium 1200mg Sugar 39g	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 620 kcal Fat 20g Protein 30g Total Carbohydrates 80g Sodium 1040mg Sugar 64g	
24	25	26	27	28	29	30
	Calories 610kcal Fat 9g Protein 44g Total Carbohydrates 87g Sodium 230mg Sugar 36g	Calories 630kcal Fat 17g Protein 30g Total Carbohydrates 90g Sodium 1060mg Sugar 51g	Calories 650kcal Fat 12g Protein 35g Total Carbohydrates 73g Sodium 750mg Sugar 25g	Calories 640kcal Fat 12g Protein 20g Total Carbohydrates 103g Sodium 970mg Sugar 36g	Calories 600 kcal Fat 24g Protein 38g Total Carbohydrates 60g Sodium 810mg Sugar 29g	