



Service.
Support.
Smart Aging.

Meals on Wheels Menu

August 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	Chicken Fajitas with Black Beans & Spanish Rice, Fajita Veggies, Orange & 1% Milk	Beer Bratwurst & Onions, Roasted Garlic Potatoes, Green Beans, Apple, Jello & 1% Milk	Beef Lasagna, Italian Veggies, Orange, & 1% Milk	Cuban Pork, Roasted Potatoes with Gravy, California Veggies, Apple & 1% Milk	Whole Wheat Spaghetti with Red Meat Sauce, Broccoli, Orange & 1% Milk	
7	8	9	10	11	12	13
	Teriyaki Beef, Pagoda Rice, Mixed Veggie, Jello, & 1% Milk	Down Home Mac & Cheese with Bacon & Ham, Broccoli, Apple, & 1% Milk	Chicken Bruschetta, Roasted Garlic Potato, California Veggie, Orange, & 1% Milk	Basa Piccata, Brown Rice, Steamed Carrots, Banana, & 1% Milk	Beef Barbacoa, Mexican Rice & Bean, Fajita Vegetables, Fruit Cup, & 1% Milk	
14	15	16	17	18	19	20
	Grilled Steak, Roasted Sweet Potato, Chateau Veggie Blend, Orange, Jello, & 1% Milk	Grilled Ham Steaks, Roasted Brussel Sprouts, Brown Rice, Orange, & 1% Milk	Meatloaf & Baked Potato Wedges, Roasted Zucchini, Apple & 1% Milk	Beef & Bean Burrito Bowl, Green Chili, Brown Rice, Roasted Veggies, Fruit Cup, Jello & 1% Milk	Chicken Lo Mein with Broccoli & Carrot, Squash Medley, Banana, & 1% Milk	
21	22	23	24	25	26	27
	Turkey Stroganoff, Penne Pasta, Steamed Carrots, Fruit Cup & 1% Milk	Honey Pineapple Chicken, Sweet Potato, California Veggies, Mandarin Slices, & 1% Milk	Cuban Beef, Roasted Red Potatoes, Brown Rice, Italian Veggies, Jello, & 1% Milk	Beef Chili, Wheat Pasta, Chateau Veggies, Fruit Cup & 1% Milk	Chicken Parmesan, Roasted Garlic Potato, California Veggies, Oranges, & 1% Milk	
28	29	30	31	<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>		
	Pulled Pork, Penne Pasta with Gravy, Steamed Carrots, Fruit Cup & 1% Milk	Honey Pineapple Chicken, Sweet Potato, California Veggies, Mandarin Slices, & 1% Milk	Baked Lemon Garlic Swai, Brown Rice, Garden Salad with FF Ranch, Apple, Jello & 1% Milk			



Meals on Wheels Nutrition Information

August 2022

Sunday	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
	1		2		3		4		5		6
	Calories	650 kcal	Calories	590 kcal	Calories	650 kcal	Calories	610 kcal	Calories	560 kcal	
	Fat	17g	Fat	24g	Fat	23g	Fat	9g	Fat	8g	
	Protein	29g	Protein	24g	Protein	34g	Protein	44g	Protein	36g	
	Total Carbohydrates	95g	Total Carbohydrates	68g	Total Carbohydrates	81g	Total Carbohydrates	87g	Total Carbohydrates	91g	
	Sodium	290mg	Sodium	690mg	Sodium	1110mg	Sodium	230mg	Sodium	280mg	
	Sugar	45g	Sugar	33g	Sugar	32g	Sugar	36g	Sugar	26g	
	Fiber	11g	Fiber	14g	Fiber	13g	Fiber	10g	Fiber	7g	
7	8		9		10		11		12		13
	Calories	650 kcal	Calories	620 kcal	Calories	590 kcal	Calories	560 kcal	Calories	600 kcal	
	Fat	19g	Fat	22g	Fat	22g	Fat	11g	Fat	8g	
	Protein	37g	Protein	31g	Protein	34g	Protein	39g	Protein	40g	
	Total Carbohydrates	80g	Total Carbohydrates	81g	Total Carbohydrates	64g	Total Carbohydrates	82g	Total Carbohydrates	85g	
	Sodium	450mg	Sodium	1000mg	Sodium	450mg	Sodium	670mg	Sodium	1040mg	
	Sugar	21g	Sugar	34g	Sugar	33g	Sugar	35g	Sugar	36g	
	Fiber	14g	Fiber	9g	Fiber	7g	Fiber	9g	Fiber	8g	
14	15		16		17		18		19		20
	Calories	550 kcal	Calories	580 kcal	Calories	530 kcal	Calories	550 kcal	Calories	580 kcal	
	Fat	15g	Fat	11g	Fat	19g	Fat	8g	Fat	16g	
	Protein	35g	Protein	37g	Protein	30g	Protein	30g	Protein	27g	
	Total Carbohydrates	65g	Total Carbohydrates	90g	Total Carbohydrates	62g	Total Carbohydrates	94g	Total Carbohydrates	82g	
	Sodium	900mg	Sodium	1140mg	Sodium	460mg	Sodium	380mg	Sodium	880mg	
	Sugar	34g	Sugar	33g	Sugar	30g	Sugar	43g	Sugar	66g	
	Fiber	8g	Fiber	18g	Fiber	7g	Fiber	11g	Fiber	7g	
21	22		23		24		25		26		27
	Calories	600 kcal	Calories	610 kcal	Calories	610 kcal	Calories	580 kcal	Calories	550 kcal	
	Fat	15g	Fat	15g	Fat	9g	Fat	10g	Fat	18g	
	Protein	36g	Protein	30g	Protein	44g	Protein	20g	Protein	35g	
	Total Carbohydrates	85g	Total Carbohydrates	91g	Total Carbohydrates	87g	Total Carbohydrates	93g	Total Carbohydrates	65g	
	Sodium	520mg	Sodium	960mg	Sodium	230mg	Sodium	780mg	Sodium	640mg	
	Sugar	30g	Sugar	51g	Sugar	36g	Sugar	29g	Sugar	32g	
	Fiber	8g	Fiber	14g	Fiber	10g	Fiber	17g	Fiber	9g	
28	29		30		31		<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>				
	Calories	580 kcal	Calories	610 kcal	Calories	560 kcal					
	Fat	10g	Fat	15g	Fat	11g					
	Protein	39g	Protein	30g	Protein	32g					
	Total Carbohydrates	82g	Total Carbohydrates	91g	Total Carbohydrates	84g					
	Sodium	490 mg	Sodium	960mg	Sodium	660mg					
	Sugar	24g	Sugar	51g	Sugar	37g					
	Fiber	10g	Fiber	14g	Fiber	6g					