



Service.
Support.
Smart Aging.

Meals on Wheels Menu January 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	Baked Ziti with Red Meat Sauce, Spiced Carrot, Fruit Cup & 1% Milk	Tomato Pesto Chicken, Roasted Sweet Potato, Chateau Veggie Blend, Orange & 1% Milk	Cuban Pork, Spicy Beans, Mexican Rice, Fire Roasted Vegetables, Fruit Cup & 1% Milk	Chicken Carbonara, Wheat Penne, Basil Garlic Green Beans, Peaches & 1% Milk	Cranberry Glazed Ham, Roasted Brussel Sprouts, Brown Rice, Oranges, & 1% Milk	
7	8	9	10	11	12	13
	BBQ Pork, Baked Beans, Corn, Jello & 1% Milk	Down Home Mac & Cheese with Bacon and Ham, Tomato Green Beans, Fruit Cup & 1% Milk	Chicken Bruschetta, Infused Brown Rice, California Vegetables, Orange & 1% Milk	Salisbury Steak, Sautéed Vegetables, Brown Rice, Pudding & 1% Milk	Baked Fish Picatta, Dill Rice, Chateau Vegetables, Banana & 1% Milk	
14	15	16	17	18	19	20
	Machacha Beef, Spicy Beans, Mexican Rice, Orange & 1% Milk	Basa Lemonata, Rosemary Sweet Potato, Brussel Sprouts, Jello & 1% Milk	Lasagna, Italian Veggies, Fruit Cup & 1% Milk	Pulled Smoked Pork, Seasoned Pinto Beans, Green Salad, Orange & 1% Milk	Bourbon Chicken, Brown Rice, Sautéed Vegetables, Pudding & 1% Milk	
21	22	23	24	25	26	27
	Mexican Bowl with Green Chili, Mexican Rice, Black Beans, Fajita Veggies, Fruit Cup & 1% Milk	Smokey Beef Tips, Wild Rice, Gravy, Steamed Carrots, Jello & 1% Milk	Baked Lemon Garlic Swai, Brown Rice, Green Beans, SF Pudding & 1% Milk	Basil & Garlic Chicken, Brown Rice, Seasoned Green Beans, Orange & 1% Milk	Meatloaf, Tomato Green Beans, Roasted Red Potatoes, Fruit Cup & 1% Milk	
28	29	30		If you ever need to cancel / hold meals or have questions feel free to reach us at 303 - 426 - 4408 x209 (Mandee) x210 (Emma)		
	Turkey Stroganoff, Penne Pasta, Fire Roasted Vegetables, SF Chocolate Pudding & 1% Milk	Honey Pineapple Chicken, Roasted Garlic Potato, California Vegetables, Orange, & 1% Milk				



Meals on Wheels Nutrition Information

January 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	Calories 560 kcal Fat 8g Protein 36g Total Carbohydrates 91g Sodium 280mg Sugar 26g Fiber 7g	Calories 620kcal Fat 22g Protein 34g Total Carbohydrates 74g Sodium 350mg Sugar 37g Fiber 15g	Calories 600 kcal Fat 8g Protein 40g Total Carbohydrates 85g Sodium 1040mg Sugar 36g Fiber 8g	Calories 700 kcal Fat 20g Protein 37g Total Carbohydrates 92g Sodium 490mg Sugar 34g Fiber 13g	Calories 570 kcal Fat 8g Protein 32g Total Carbohydrates 100g Sodium 1100mg Sugar 48g Fiber 13g	
7	8	9	10	11	12	13
	Calories 540 kcal Fat 11g Protein 41g Total Carbohydrates 75g Sodium 430mg Sugar 43g Fiber 13g	Calories 620kcal Fat 22g Protein 31g Total Carbohydrates 81g Sodium 1000mg Sugar 34g Fiber 9g	Calories 590 kcal Fat 22g Protein 34g Total Carbohydrates 64g Sodium 450mg Sugar 33g Fiber 11g	Calories 560 kcal Fat 10g Protein 26g Total Carbohydrates 88g Sodium 1000mg Sugar 32g Fiber 10g	Calories 590 kcal Fat 11g Protein 32g Total Carbohydrates 96g Sodium 590mg Sugar 35g Fiber 4g	
14	15	16	17	18	19	20
	Calories 510kcal Fat 6g Protein 30g Total Carbohydrates 76g Sodium 630mg Sugar 38g Fiber 8g	Calories 640kcal Fat 24g Protein 36g Total Carbohydrates 75g Sodium 980mg Sugar 31g Fiber 14g	Calories 650kcal Fat 23g Protein 32g Total Carbohydrates 81g Sodium 1110mg Sugar 32g Fiber 6g	Calories 590 kcal Fat 10g Protein 38g Total Carbohydrates 89g Sodium 500mg Sugar 36g Fiber 10g	Calories 500kcal Fat 6g Protein 28g Total Carbohydrates 87g Sodium 750mg Sugar 47g Fiber 10g	
21	22	23	24	25	26	27
	Calories 710 kcal Fat 17g Protein 34g Total Carbohydrates 99g Sodium 1010mg Sugar 42g Fiber 8g	Calories 420kcal Fat 7g Protein 22g Total Carbohydrates 66g Sodium 680mg Sugar 24g Fiber 6g	Calories 560 Fat 11g Protein 32g Total Carbohydrates 84g Sodium 660mg Sugar 37g Fiber 6g	Calories 680 kcal Fat 28g Protein 31g Total Carbohydrates 79g Sodium 520mg Sugar 32g Fiber 4g	Calories 530kcal Fat 19g Protein 30g Total Carbohydrates 62g Sodium 460mg Sugar 30g Fiber 7g	
28	29	30		<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 600kcal Fat 15g Protein 36g Total Carbohydrates 85g Sodium 520mg Sugar 30g Fiber 13g	Calories 530kcal Fat 16g Protein 27g Total Carbohydrates 69g Sodium 890mg Sugar 42g Fiber 8g				