



Service.
Support.
Smart Aging.

Meals on Wheels Menu

March 2023

	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) x204 (Becky)		1	2	3	4
			Beef Lasagna, Italian Veggies, Banana & 1% Milk	Apple Grilled Pork, Roasted Potatoes, Zucchini, Pudding & 1% Milk	Whole Wheat Spaghetti with Meatballs and Red Sauce, Spiced Carrot, Fruit Cup & 1% Milk	
5	6	7	8	9	10	11
	Italian Sausage, Roasted Red Potatoes, Mixed Veggies, Orange & 1% Milk	Down Home Mac N Cheese with Bacon and Ham, Broccoli, Banana & 1% Milk	Chicken Bruschetta, Brown Rice, California Veggie, Orange & 1% Milk	Sesame Pork, Wheat Penne, Garden Veggies, SF Pudding & 1% Milk	Hearty Beef Chili, Roasted Sweet Potato, Basil Green Beans, Fruit Cup & 1% Milk	
12	13	14	15	16	17	18
	Parmesan Chicken, Brown Rice, Chateau Veggie Blend, Orange & 1% Milk	Grilled Ham Steaks, Roasted Brussel Sprouts, Sweet Potato, Orange & 1% Milk	Meatloaf, Mashed Potatoes, Seasoned Green Beans, SF Jello & 1% Milk	Shephards Pie, Seasoned Peas & Carrots, Fruit Cup & 1% Milk	Corned Beef & Cabbage, Parsley Potatoes, Squash Medley, Banana & 1% Milk	
19	20	21	22	23	24	25
	Pulled Pork, Penne Pasta, Gravy, Steamed Carrots, Banana & 1% Milk	Honey Pineapple Chicken, Sweet Potato, California Veggies, Oranges & 1% Milk	Baked Lemon Garlic Swai, Brown Rice, Green Beans, Jello & 1% Milk	Beef Goulash, Wheat Pasta, Mixed Veggies, Banana & 1% Milk	Chicken Cordon Bleu, Roasted Garlic Potato, California Veggies, Orange & 1% Milk	
26	27	28	29	30	31	
	Basil Garlic Chicken, Roasted Sweet Potato, Chateau Veggie Blend, Orange & 1% Milk	Cranberry Glazed Ham, Roasted Brussel Sprouts, Brown Rice, Mandarin Oranges & 1% Milk	Beef Taco Bowls, Spanish Rice, Pinto Beans, Fajita Veggies, Fruit Cup & 1% Milk	Chicken Carbonara, Wheat Penne, Garlic Basil Green Beans, Peaches & 1% Milk	Whole Wheat Spaghetti with Red Meat Sauce, Spiced Carrot, Fruit Cup & 1% Milk	**Fruits subject to change based off of seasonality and supply chain issues.



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Meals on Wheels Nutrition Information

March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
	Questions about the nutritional information? Please reach out to our Registered Dietitian, Stephanie Tarnacki at (860) 918 - 8466, or at stephtarnacki@gmail.com		Calories 650kcal Fat 23g Protein 32g Total Carbohydrates 81g Sodium 1110mg Sugar 32g Fiber 6g	Calories 620kcal Fat 13g Protein 39g Total Carbohydrates 86g Sodium 1030mg Sugar 31g Fiber 4g	Calories 560 kcal Fat 8g Protein 36g Total Carbohydrates 91g Sodium 280mg Sugar 26g Fiber 7g	
5	6	7	8	9	10	11
	Calories 550kcal Fat 8g Protein 37g Total Carbohydrates 95g Sodium 520mg Sugar 32g Fiber 12g	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 660kcal Fat 29g Protein 35g Total Carbohydrates 70g Sodium 530mg Sugar 19g Fiber 8g	Calories 480 kcal Fat 10g Protein 15g Total Carbohydrates 75g Sodium 790mg Sugar 30g Fiber 15g	
12	13	14	15	16	17	18
	Calories 550kcal Fat 18g Protein 35g Total Carbohydrates 65g Sodium 640mg Sugar 32g Fiber 9g	Calories 580kcal Fat 11g Protein 37g Total Carbohydrates 90g Sodium 1140mg Sugar 33g Fiber 18g	Calories 530kcal Fat 19g Protein 30g Total Carbohydrates 62g Sodium 460mg Sugar 30g Fiber 7g	Calories 650 kcal Fat 10g Protein 30g Total Carbohydrates 103g Sodium 960mg Sugar 33g Fiber 9g	Calories 570kcal Fat 16g Protein 38g Total Carbohydrates 71g Sodium 1400mg Sugar 30g Fiber 6g	
19	20	21	22	23	24	25
	Calories 630kcal Fat 7g Protein 37g Total Carbohydrates 101g Sodium 720mg Sugar 32g Fiber 13g	Calories 610 kcal Fat 15g Protein 30g Total Carbohydrates 91g Sodium 960mg Sugar 51g Fiber 14g	Calories 560 Fat 11g Protein 32g Total Carbohydrates 84g Sodium 660mg Sugar 37g Fiber 6g	Calories 520kcal Fat 10g Protein 38g Total Carbohydrates 70g Sodium 550mg Sugar 30g Fiber 10g	Calories 560kcal Fat 20g Protein 36g Total Carbohydrates 60g Sodium 930mg Sugar 27g Fiber 6g	
26	27	28	29	30	31	
	Calories 680 kcal Fat 28g Protein 31g Total Carbohydrates 79g Sodium 520mg Sugar 32g Fiber 4g	Calories 570 kcal Fat 8g Protein 32g Total Carbohydrates 100g Sodium 1100mg Sugar 48g Fiber 13g	Calories 710kcal Fat 17g Protein 34g Total Carbohydrates 99g Sodium 1010mg Sugar 42g Fiber 8g	Calories 700 kcal Fat 20g Protein 37g Total Carbohydrates 92g Sodium 490mg Sugar 34g Fiber 13g	Calories 560 kcal Fat 8g Protein 36g Total Carbohydrates 91g Sodium 280mg Sugar 26g Fiber 7g	