



Service.  
Support.  
Smart Aging.

## Meals on Wheels Menu May 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
**Fruits / Desserts are subject to change based on seasonality and supply chain. Please refer to the the list on the back of this menu for nutrition information. **	Lasagna, Normandy Vegetables, Fruit & Milk	Down Home Mac & Cheese with Bacon and Ham, Four Way Veggies, Fruit & Milk	Chicken Bruschetta, Penne Pasta, California Veggies, Dessert & Milk	Brat, Mashed Potato, Peas & Carrots, Fruit & Milk	Oven Roasted Turkey, Mashed Potatoes, Chateau Veggies, Dessert & Milk	
	8	9	10	11	12	13
	Apple Glazed Ham, Roasted Brussel Sprouts, Roasted Sweet Potato, Fruit & Milk	Salisbury Steak, Green Beans, Roasted Red Potato, Fruit & Milk	Shrimp & Chicken Paella, Chateau Vegetables, Fruit & Milk	Chicken Carbonara, Wheat Penne, Roasted Squash, Fruit & Milk	Whole Wheat Spaghetti with Meatballs, Spiced Carrot, Dessert & Milk	
14	15	16	17	18	19	20
	Chicken with Mushroom Sauce, Roasted Potato, Green Beans, Fruit & Milk	Grilled Ham Steaks, Roasted Brussel Sprouts, Brown Rice, Fruit & Milk	Beef Tips with Gnocchi & Gravy, Peas & Carrots, Fruit & Milk	Chicken Lo Mein, Snow Pea, Broccoli, Carrot, Dessert & Milk	Pork Al Pastor, Penne Pasta, Squash Medley, Dessert & Milk	
21	22	23	24	25	26	27
	Basil & Garlic Chicken, Roasted Red Potato, Cauliflower, Fruit & Milk	Chicken Enchilada, Black Beans, Roasted Veggies, Fruit & Milk	Baked Lemon Garlic Swai, Brown Rice, Corn, Dessert & Milk	Shepherd's Pie, Seasoned Peas & Carrots, Fruit & Milk	Wheat Pasta, Beef Chili, Chateau Veggies, Fruit & Milk	
28	29	30	31	If you ever need to cancel / hold meals or have questions feel free to reach us at <b>303 - 426 - 4408 x209 (Mandee) x210 (Emma) x204 (Becky)</b>		
	Mushroom Risotto, Steamed Carrots, Fruit & Milk	Garlic Parm Basa, Rosemary Sweet Potato, Brussel Sprouts, Orange & Milk	Machaca Beef, Spicy Beans, Mexican Rice, Fruit & Milk			



## Meals on Wheels Nutrition Information

May 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 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 550kcal Fat 8g Protein 37g Total Carbohydrates 95g Sodium 520mg Sugar 32g Fiber 12g	Calories 520 kcal Fat 6g Protein 28g Total Carbohydrates 82g Sodium 850mg Sugar 36g Fiber 14g	
7	8	9	10	11	12	13
	Calories 520 kcal Fat 16.5g Protein 32g Total Carbohydrates 61g Sodium 1125mg Sugar 27g Fiber 13g	Calories 420kcal Fat 7g Protein 22g Total Carbohydrates 66g Sodium 680mg Sugar 24g Fiber 6g	Calories 570kcal Fat 20g Protein 34g Total Carbohydrates 68g Sodium 550mg Sugar 22g Fiber 11g	Calories 700 kcal Fat 37g Protein 20g 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	
14	15	16	17	18	19	20
	Calories 580kcal Fat 11g Protein 42g Total Carbohydrates 76g Sodium 700mg Sugar 31g Fiber 9g	Calories 580kcal Fat 11g Protein 37g Total Carbohydrates 90g Sodium 1140mg Sugar 33g Fiber 18g	Calories 420kcal Fat 7g Protein 22g Total Carbohydrates 66g Sodium 680mg Sugar 24g Fiber 6g	Calories 580 kcal Fat 16g Protein 27g Total Carbohydrates 82g Sodium 880mg Sugar 66g Fiber 7g	Calories 490kcal Fat 27g Protein 31g Total Carbohydrates 32g Sodium 260mg Sugar 19g Fiber 5g	
21	22	23	24	25	26	27
	Calories 680 kcal Fat 28g Protein 31g Total Carbohydrates 79g Sodium 520mg Sugar 32g Fiber 4g	Calories 700kcal Fat 25g Protein 37g Total Carbohydrates 83g Sodium 410mg Sugar 33g Fiber 23g	Calories 560 kcal Fat 11g Protein 32g Total Carbohydrates 84g Sodium 660mg Sugar 37g Fiber 6g	Calories 650 kcal Fat 10g Protein 30g Total Carbohydrates 103g Sodium 960mg Sugar 33g Fiber 9g	Calories 480 kcal Fat 10g Protein 15g Total Carbohydrates 75g Sodium 790mg Sugar 30g Fiber 15g	
28	29	30	31	<p>Questions about the nutritional information? Please reach out to our Registered Dietitian, <b>Stephanie Tarnacki at (860) 918 - 8466,</b> <b>or at <a href="mailto:stephtarnacki@gmail.com">stephtarnacki@gmail.com</a></b></p>		
	<b>Fruit Nutrition Information</b>	<b>Calories</b>	<b>Carbs</b>	<b>Dessert Nutrition Information</b>	<b>Calories</b>	<b>Carbs</b>
	Apple	52	14	SF Vanilla Pudding	60	11
	Applesauce	57	15	SF Chocolate Pudding	70	14
	Banana	89	23	SF Jello	10	2
	Fruit Cup	70	16			
	Peaches	60	14			
	Mandarin oranges	70	16			
	Orange	47	12			