



Service.
Support.
Smart Aging.

Meals on Wheels Menu

September 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) x 214 (Darci)		**Fruit subject to change based on seasonality and supply chain availability. Please refer to the list at the bottom of this menu for nutrition information.**		1	2
					Wheat Pasta, Beef Chili, Chateau Veggies, Fruit & Milk	
3	4	5	6	7	8	9
	Chicken Fajitas Bowl, Black Beans, Spanish Rice, Fajita Veggies, Fruit & Milk	Cuban Beef, Roasted Red Potato, California Veggies, Fruit & Milk	Beef Lasagna, Italian Veggies, Dessert & Milk	Apple Grilled Pork, Roasted Potatoes, Zucchini, Dessert & Milk	Gnocchi & Meatballs in Red Sauce, Spiced Carrots, Fruit & Milk	
10	11	12	13	14	15	16
	Roasted Turkey, Garlic Mashed Potato, Mixed Veggies, Fruit & Milk	Down Home Mac & Cheese with Bacon and Ham, Broccoli, Fruit & Milk	Chicken Bruschetta, Brown Rice, California Veggie, Fruit & Milk	Sesame Pork, Wheat Penne, Garden Veggies, Dessert & Milk	Hearty Beef Chili, Roasted Sweet Potato, Basil Green Beans, Fruit & Milk	
17	18	19	20	21	22	23
	Parmesan Chicken, Brown Rice, Chateau Veggie Blend, Dessert & Milk	Grilled Ham Steaks, Roasted Brussel Sprouts, Sweet Potatoes, Fruit & Milk	Meatloaf, Baked Potatoes, Seasoned Green Beans, Dessert & Milk	Shephards Pie, Seasoned Peas & Carrots, Fruit & Milk	Chicken Carbonara, Penne with Alfredo Sauce, Squash Medley, Fruit & Milk	
24	25	26	27	28	29	
	Italian Pork, Penne Pasta, Gravy Steamed Carrots, Fruit & Milk	Honey Pineapple Chicken, Sweet Potato, California Veggies, Fruit & Milk	Baked Lemon Garlic Swai, Brown Rice, Green Beans, Dessert & Milk	Beef Goulash, Wheat Pasta, Corn, Dessert & Milk	Chicken Cordon Bleu, Roasted Garlic Potato, California Veggie, Fruit & Milk	



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Meals on Wheels Nutrition Information

September 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
	Questions about the nutritional information? Please reach out to our Registered Dietitian, Stephanie Tarnacki at (860) 918 - 8466, or at stephtarnacki@gmail.com				Calories 480 kcal Fat 10g Protein 15g Total Carbohydrates 75g Sodium 790mg Sugar 30g Fiber 15g	
3	4	5	6	7	8	9
	Calories 580kcal Fat 15g Protein 28g Total Carbohydrates 78g Sodium 240mg Sugar 36g Fiber 9g	Calories 520kcal Fat 9g Protein 43g Total Carbohydrates 71g Sodium 230mg Sugar 24g Fiber 12g	Calories 590kcal Fat 22g Protein 33g Total Carbohydrates 66g Sodium 1110mg Sugar 20g Fiber 10g	Calories 520kcal Fat 17g Protein 38g Total Carbohydrates 58g Sodium 210mg Sugar 20g Fiber 8g	Calories 580kcal Fat 9g Protein 34g Total Carbohydrates 94g Sodium 390mg Sugar 24g Fiber 10g	
10	11	12	13	14	15	16
	Calories 520 kcal Fat 6g Protein 28g Total Carbohydrates 82g Sodium 850mg Sugar 36g Fiber 14g	Calories 500kcal Fat 19g Protein 31g Total Carbohydrates 56g Sodium 1000mg Sugar 15g Fiber 5g	Calories 540kcal Fat 21g Protein 34g Total Carbohydrates 53g Sodium 430mg Sugar 21g Fiber 7g	Calories 570kcal Fat 10g Protein 41g Total Carbohydrates 80g Sodium 470mg Sugar 32g Fiber 11g	Calories 450kcal Fat 10g Protein 14g Total Carbohydrates 67g Sodium 790mg Sugar 24g Fiber 15g	
17	18	19	20	21	22	23
	Calories 490kcal Fat 18g Protein 33g Total Carbohydrates 49g Sodium 640mg Sugar 19g Fiber 6g	Calories 410kcal Fat 8g Protein 30g Total Carbohydrates 61g Sodium 1190mg Sugar 21g Fiber 13g	Calories 520kcal Fat 19g Protein 32g Total Carbohydrates 52g Sodium 460mg Sugar 17g Fiber 9g	Calories 580kcal Fat 10g Protein 30g Total Carbohydrates 82g Sodium 960mg Sugar 18g Fiber 5g	Calories 520kcal Fat 21g Protein 32g Total Carbohydrates 56g Sodium 460mg Sugar 20g Fiber 7g	
24	25	26	27	28	29	30
	Calories 560kcal Fat 10g Protein 39g Total Carbohydrates 77g Sodium 490mg Sugar 19g Fiber 10g	Calories 550kcal Fat 15g Protein 29g Total Carbohydrates 76g Sodium 960mg Sugar 39g Fiber 10g	Calories 490g Fat 15g Protein 42g Total Carbohydrates 50g Sodium 870mg Sugar 18g Fiber 4g	Calories 420kcal Fat 8g Protein 37g Total Carbohydrates 46g Sodium 500mg Sugar 20g Fiber 8g	Calories 510kcal Fat 20g Protein 35g Total Carbohydrates 49g Sodium 700mg Sugar 18g Fiber 4g	
	Fruit Nutrition Information		Dessert Nutrition Information			
		Calories Carbs Apple 52 14 Applesauce 57 15 Banana 89 23 Fruit Cup 70 16 Peaches 60 14 Mandarin oranges 70 16 Orange 47 12	SF Vanilla Pudding SF Chocolate Pudding SF Jello	Calories Carbs 60 11 70 14 10 2		