



Service.  
Support.  
Smart Aging.

## Meals on Wheels Menu November 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	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) x 214 (Darci)</b>		1	2	3	4
			Garlic Parm Basa, Rosemary Sweet Potato, Brussel Sprouts, Fruit & Milk	BBQ Smoked Pork, Roasted Red Potato, Garden Veggies, Fruit & Milk	Meatloaf, Brown Rice, Sauteed Vegetables, Fruit, Dessert & Milk	
5	6	7	8	9	10 - Veterans Day	11
	Chicken Lo Mein, Snow Pea, Broccoli, Carrot, Fruit, Dessert & Milk	Machacha Beef, Spicy Beans, Mexican Rice, Corn, Fruit & Milk	Honey Pineapple Chicken, Sweet Potato, Mixed Veggie, Fruit & Milk	Mushroom Risotto, Sauteed Vegetables, Fruit, Dessert & Milk	<b>Senior Hub CLOSED:</b> Grilled Ham Steaks, Roasted Brussel Sprouts, Brown Rice, Fruit & Milk	
12	13	14	15	16	17	18
	Lasagna, Steamed Broccoli, Fruit & Milk	Down Home Mac & Cheese with Bacon and Ham, Mixed Veggies, Fruit & Milk	Chicken Bruschetta, Penne Pasta, California Veggies & Squash, Fruit, Dessert & Milk	Brat, Baked Beans, Chateau Veggies, Fruit & Milk	Chicken Carbonara, Wheat Penne, Basil Garlic Green Beans, Fruit & Milk	
19	20	21	22	23 - Thanksgiving	24 - Thanksgiving	25
	Apple Glazed Ham, Roasted Brussel Sprouts, Roasted Sweet Potato, Fruit & Milk	Salisbury Steak, Green Beans, Roasted Red Potato, Fruit, Dessert & Milk	Mushroom Ravioli and Red Sauce, Garden Veggies, Fruit & Milk	<b>Senior Hub CLOSED:</b> Oven Roasted Turkey, Smokey Mashed Potato, Chateau Veggies, Fruit, Dessert & Milk	<b>Senior Hub CLOSED:</b> Whole Wheat Spaghetti with Meatballs, Red Sauce, Spiced Carrot, Fruit, Dessert & Milk	
26	27	28	29	30	<b>**Fruit subject to change based off of seasonality and supply chain issues. Please refer to the list at the bottom of this menu for nutrition information.**</b>	
	Basil & Garlic Chicken, Roasted Red Potato, Cauliflower, Fruit, Dessert & Milk	Florentine Stuffed Shells, Parma Rosa, Peas & Carrots, Fruit & Milk	Baked Lemon Garlic Swai, Brown Rice, Spicy Pinto Beans, Squash Medley, Fruit, Dessert & Milk	Shephards Pie, Seasoned Peas & Carrots, Fruit, Dessert & Milk		



## Meals on Wheels Nutrition Information

### November 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
	Questions about the nutritional information? Please reach out to our Registered Dietitian, <b>Stephanie Tarnacki at (860) 918 - 8466,</b> <b>or at stephtarnacki@gmail.com</b>		Calories 560kcal Fat 11g Protein 38g Total Carbohydrates 83g Sodium 740mg Sugar 36g Fiber 16g	Calories 670kcal Fat 15g Protein 50g Total Carbohydrates 85g Sodium 690mg Sugar 32g Fiber 15g	Calories 620kcal Fat 13g Protein 40g Total Carbohydrates 87g Sodium 640mg Sugar 32g Fiber 13g	
5	6	7	8	9	10	11
	Calories 660kcal Fat 28g Protein 30g Total Carbohydrates 73g Sodium 770mg Sugar 56g Fiber 11g	Calories 690kcal Fat 12g Protein 39g Total Carbohydrates 106g Sodium 520mg Sugar 41g Fiber 12g	Calories 662kcal Fat 15g Protein 31g Total Carbohydrates 102g Sodium 995mg Sugar 53g Fiber 15g	Calories 660kcal Fat 9g Protein 23g Total Carbohydrates 127g Sodium 1070mg Sugar 40g Fiber 14g	Calories 50kcal Fat 8g Protein 32g Total Carbohydrates 95g Sodium 1120mg Sugar 34g Fiber 14g	
12	13	14	15	16	17	18
	Calories 582kcal Fat 13g Protein 33g Total Carbohydrates 90g Sodium 1080mg Sugar 35g Fiber 10g	Calories 620kcal Fat 22g Protein 28g Total Carbohydrates 82g Sodium 1070mg Sugar 35g Fiber 10g	Calories 670kcal Fat 22g Protein 38g Total Carbohydrates 82g Sodium 430mg Sugar 30g Fiber 10g	Calories 650kcal Fat 27g Protein 30g Total Carbohydrates 69g Sodium 1080mg Sugar 39g Fiber 15g	Calories 640kcal Fat 17g Protein 36g Total Carbohydrates 88g Sodium 330mg Sugar 33g Fiber 13g	
19	20	21	22	23	24	25
	Calories 580kcal Fat 8g Protein 34g Total Carbohydrates 99g Sodium 1290mg Sugar 41g Fiber 20g	Calories 610kcal Fat 11g Protein 30g Total Carbohydrates 89g Sodium 940mg Sugar 31g Fiber 15g	Calories 560kcal Fat 9g Protein 28g Total Carbohydrates 98g Sodium 680mg Sugar 40g Fiber 13g	Calories 620kcal Fat 5g Protein 49g Total Carbohydrates 91g Sodium 820mg Sugar 35g Fiber 15g	Calories 680kcal Fat 10g Protein 35g Total Carbohydrates 118g Sodium 430mg Sugar 40g Fiber 13g	
26	27	28	29	30		
	Calories 640kcal Fat 23g Protein 38g Total Carbohydrates 76g Sodium 270mg Sugar 30g Fiber 16g	Calories 620kcal Fat 13g Protein 24g Total Carbohydrates 96g Sodium 650mg Sugar 25g Fiber 10g	Calories 740kcal Fat 22g Protein 48g Total Carbohydrates 90g Sodium 1070mg Sugar 32g Fiber 10g	Calories 640kcal Fat 10g Protein 31g Total Carbohydrates 98g Sodium 960mg Sugar 30g Fiber 11g		
	Fruit Nutrition Information	Calories	Carbs	Dessert Nutrition Information	Calories	Carbs
	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			