



Service.
Support.
Smart Aging.

Meals on Wheels Menu

December 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	The Senior Hub is closed for the Holidays Dec. 25th - Jan. 1st. You will receive a box of 6 frozen meals the week before for the days we are closed. If you ever need to cancel / hold meals or have questions feel free to reach us at 303 - 426 - 4408 x209 (Mandee) x210 (Emma)				1	2
					Garlic Parmesan Basa, Rosemary Sweet Potato, Brussel Sprouts, Fruit & Milk	
3	4	5	6	7	8	9
	Chicken Fajitas Bowls with Black Beans, Spanish Rice, Fajita Veggies, Fruit & Milk	Cuban Beef, Roasted Red Potato, Green Beans, Fruit & Milk	Beef Lasagna, Italian Veggies, Dessert & Milk	Apple Grilled Pork, Cubed Potato, Zucchini, Dessert & Milk	Gnocchi and Meatballs, Red Sauce, Spiced Carrot, Fruit & Milk	
10	11	12	13	14	15	16
	Chopped Steak, Wheat Penne, Roasted Sweet Potato, Fruit, Dessert & Milk	Down home Mac and Cheese with Bacon and Ham, Broccoli, Fruit & Milk	Turkey Tetrizzini, 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, Fruit & Milk	Italian Pork, Penne Pasta, Gravy, Steamed Carrots, Fruit & Milk	Meatloaf, Mashed Potato, Seasoned Green Beans, Dessert & Milk	Shephards Pie, Seasoned Peas & Carrots, Fruit & Milk	Turkey, Stuffing, Corn, Green Beans, Fruit & Milk	
	Dec 25 - Jan 1st: A Frozen box will be delivered the week before to be used during when the Senior Hub is Closed.					
	The Senior Hub is Closed Grilled Ham Steaks, Roasted Brussel Sprouts, Sweet Potatoes, Fruit & Milk	The Senior Hub is Closed Honey Pineapple Chicken, Sweet Potato, California Veggies, Fruit & Milk	The Senior Hub is Closed Baked Lemon Garlic Swai, Brown Rice, Green Beans, Dessert & Milk	The Senior Hub is Closed Beef Goulash, Wheat Pasta, Corn, Dessert & Milk	The Senior Hub is Closed Chicken Cordon Bleu, Roasted Garlic Potato, California Veggies, Fruit & Milk	**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.**



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Meals on Wheels Nutrition Information

December 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Fruit Nutrition Information	Calories Carbs	Dessert Nutrition Information	Calories Carbs	1	2
	Apple Applesauce Banana Fruit Cup Peaches Mandarin oranges Orange	52 14 57 15 89 23 70 16 60 14 70 16 47 12	SF Vanilla Pudding SF Chocolate Pudding SF Jello	60 11 70 14 10 2	Calories 560kcal Fat 11g Protein 38g Total Carbohydrates 83g Sodium 740mg Sugar 36g Fiber 16g	
3	4	5	6	7	8	9
	Calories 730kcal Fat 24g Protein 36g Total Carbohydrates 93g Sodium 410mg Sugar 36g Fiber 23g	Calories 520kcal Fat 9g Protein 43g Total Carbohydrates 71g Sodium 230mg Sugar 24g Fiber 12g	Calories 582kcal Fat 13g Protein 33g Total Carbohydrates 90g Sodium 1080mg Sugar 35g 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 620kcal Fat 18g Protein 34g Total Carbohydrates 86g Sodium 990mg Sugar 34g Fiber 10g	Calories 620kcal Fat 22g Protein 28g Total Carbohydrates 82g Sodium 1070mg Sugar 35g Fiber 10g	Calories 570kcal Fat 10g Protein 41g Total Carbohydrates 80g Sodium 470mg Sugar 32g Fiber 11g	Calories 600kcal Fat 10g Protein 21g Total Carbohydrates 100g Sodium 780mg Sugar 35g Fiber 21g		
17	18	19	20	21	22	23
	Calories 760kcal Fat 28g Protein 44g Total Carbohydrates 84g Sodium 540mg Sugar 31g Fiber 10g	Calories 560kcal Fat 10g Protein 39g Total Carbohydrates 77g Sodium 490mg Sugar 19g Fiber 10g	Calories 520kcal Fat 19g Protein 32g Total Carbohydrates 52g Sodium 460mg Sugar 17g Fiber 9g	Calories 640kcal Fat 10g Protein 31g Total Carbohydrates 98g Sodium 960mg Sugar 30g Fiber 11g	Calories 590kcal Fat 8g Protein 45g Total Carbohydrates 80g Sodium 950mg Sugar 27g Fiber 7g	
24	25	26	27	28	29	30
	Calories 50kcal Fat 8g Protein 32g Total Carbohydrates 95g Sodium 1120mg Sugar 34g Fiber 14g	Calories 670kcal Fat 22g Protein 38g Total Carbohydrates 82g Sodium 430mg Sugar 30g 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 570kcal Fat 18g Protein 36g Total Carbohydrates 69g Sodium 580mg Sugar 32g Fiber 11g	