

October 2020

Meals on Wheels Collin County

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	NOTES
			1 Taco Casserole Rice Chuckwagon Corn Mixed Fruit Cup Calories: 668 Carbs: 76g Fat: 27g Protein: 28 g Sodium: 639mg	2 Fish Sticks Mashed Sweet Potatoes Okra & Tomatoes Tartar Sauce Pineapple Cup Calories: 717 Carbs: 87 g Fat: 29g Protein: 20 g Sodium: 819mg	TO CANCEL A MEAL: Call by 2 PM the day before 972-562-6996 MILK QUARTS: Will be delivered once a week. Try drinking one serving of the quart with lunch each day. Nutrition facts provided include a serving of milk. **EMERGENCY MEAL BAG** You were provided 5 shelf stable meals in July in the event that MOWCC has to temporarily close. DO NOT eat these meals unless instructed to do so. MENU CHANGES: Side items may change with fresh produce shipments provided by the North Texas Food Bank. NUTRITION: Our nourishing meals provide an array of nutrients to promote optimal health. All meals provide a minimum of one-third of the daily nutritional requirements for older adults. Menus are seasonally changed every six months to keep menu offerings fresh and appealing. No salt is added during preparation and salt-free products are used as much as possible. Menus are planned by a Registered Dietitian.
5 Cheeseburger Macaroni Peas & Pearl Onions Capri Vegetables Fig Bar 2% Milk Quart Calories: 646 Carbs: 70g Fat: 27g Protein: 30 g Sodium: 649mg	6 Chicken Tenders Mashed Potatoes Corn, Graham Crackers Honey Mustard Sauce Sugar-Free Jello Calories: 804 Carbs: 91g Fat: 35g Protein: 31g Sodium: 842mg	7 <i>It's Back!</i> Baked Chicken & Mushrooms Peas & Carrots Rice Chocolate Chip Cookies Calories: 763 Carbs: 102 g Fat: 26 g Protein: 37 g Sodium: 868 mg	8 Beef Lasagna Tuscany Vegetables Baby Carrots Graham Crackers Peach cup Calories: 744 Carbs: 93 g Fat: 27 g Protein: 33 g Sodium: 1016mg	9 Cheese Enchiladas Black Beans Rice Tropical Fruit Cup Calories: 744 Carbs: 93 g Fat: 27g Protein: 33 g Sodium: 1016mg	
12 Chicken Spaghetti Brussels Sprouts Italian Vegetables Applesauce Cup 2% Milk Quart Calories: 622 Carbs: 72g Fat: 19g Protein: 39 g Sodium: 756mg	13 <i>It's Back!</i> Cajun Turkey & Beans Cornbread Stuffing Collard Greens SF Pudding Cup Calories: 610 Carbs: 75g Fat: 16g Protein: 42 g Sodium: 960 mg	14 King Ranch Casserole White Rice Fiesta Vegetables Mandarin Orange Cup Calories: 709 Carbs: 85g Fat: 23g Protein: 40 g Sodium: 1321 mg	15 Chicken Cordon Bleu casserole w/ Turkey ham Capri vegetables White beans w/ rosemary Graham crackers / Pear cup Calories: 7058 Carbs: 102g Fat: 16g Protein: 42 g Sodium: 1023 mg	16 <i>It's Back!</i> Beef & Pepper Casserole Peas & Pearl Onions Cauliflower Pineapple Cup Calories: 603 Carbs: 62g Fat: 27g Protein: 29g Sodium: 575 mg	
19 Chicken Enchiladas Black Beans Chuckwagon Corn Yogurt 2% Milk Quart Calories: 736 Carbs: 101 g Fat: 20g Protein: 41 g Sodium: 906mg	20 <i>It's Back!</i> Meatloaf w/ Tomato Sauce Mashed Potatoes Green Beans Applesauce Cup Graham Crackers Calories: 684 Carbs: 79 g Fat: 27g Protein: 32 g Sodium: 802mg	21 <i>It's Back!</i> Oven Fried Chicken w/ pepper gravy Winter Blend Vegetables Warm Cinnamon Peaches Lorna Doone Cookie Calories: 695 Carbs: 88 g Fat: 20g Protein: 32 g Sodium: 1034 mg	22 BBQ Chicken Breast Baked Beans Carrots Graham Crackers Pineapple Cup Calories: 603 Carbs: 90 g Fat: 14g Protein: 35 g Sodium: 1323mg	23 Vegetable Lasagna Capri Blend Vegetables Italian Stewed Tomatoes Oatmeal Cream Pie Calories: 620 Carbs: 87 g Fat: 17g Protein: 31g Sodium: 1341mg	
26 Hawaiian Turkey Meatballs over rice, Oriental vegetables Baby Carrots Mandarin Orange Cup 2% Milk Quart Calories: 637 Carbs: 67g Fat: 27 g Protein: 28 g Sodium: 1054mg	27 Marinara Baked Pasta Zucchini Roasted Sweet Potatoes Fig Bar Calories: 626 Carbs: 91 g Fat: 18g Protein: 25 g Sodium: 686mg	28 <i>NEW</i> Chicken fajitas w/ onions & peppers Black Beans Rice with peas & carrots Pear Cup, Graham Crackers Calories: 631 Carbs: 97 g Fat: 7g Protein: 35 g Sodium: 782mg	29 <i>It's Back!</i> Green Chili Chicken Stew Chuckwagon Corn Mexican Cornbread Peach cup Calories: 615 Carbs: 85 g Fat: 13 Protein: 43 g Sodium: 1000mg	30 Cranberry Chicken Herbed Peas Cheesy Cauliflower Graham Crackers Oreo Cookies Calories: 639 Carbs: 90g Fat: 17g Protein: 36g Sodium: 1004mg	

