


September 2020

Meals on Wheels Collin County

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	NOTES
	1 Cold Meal ❄️ Turkey Pasta Salad Mixed Fruit Corn Salad Lorna Doone Cookie Calories: 615 Carbs:69 g Fat: 28g Protein: 23 g Sodium: 992mg	2 King Ranch Casserole White Rice Fiesta Vegetables Mandarin Orange Cup Calories: 709 Carbs: 85g Fat: 23g Protein:40 g Sodium:1321 mg	3 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	4 Cold Meal ❄️ Tuna Pasta Salad Carrot Pineapple Salad Beets Chocolate Chip Cookies Calories: 676 Carbs:98 g Fat: 20 Protein: 27 g Sodium: 809mg	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.
7 Labor Day Meals on wheels is closed! Use your shelf stable meal! 	8 Meatloaf w/ Tomato Sauce Mashed Potatoes Green Beans Applesauce Cup Graham Crackers Calories: 684 Carbs: 79 g Fat: 27g Protein: 32 g Sodium: 802mg	9 Vegetable Lasagna Capri Blend Vegetables Italian Stewed Tomatoes Oatmeal Cream Pie Calories: 620 Carbs: 87 g Fat: 17g Protein: 31g Sodium: 1341mg	10 BBQ Chicken Breast Baked Beans Carrots Graham Crackers Pineapple Cup Calories: 603 Carbs: 90 g Fat: 14g Protein: 35 g Sodium: 1323mg	11 Cold Meal ❄️ Egg Salad w/ Turkey ham Three Bean Salad Cucumber Salad Whole Wheat Crackers Pudding cup Calories: 608 Carbs: 58 g Fat: 28g Protein: 30 g Sodium: 1153mg	
14 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	15 Marinara Baked Pasta Zucchini Roasted Sweet Potatoes Fig Bar Calories: 626 Carbs: 91 g Fat: 18g Protein: 25 g Sodium: 686mg	16 Chicken fajitas w/ onions & peppers, Rice Black Beans Graham Crackers Pear Cup Calories: 631 Carbs:97 g Fat: 7g Protein: 35 g Sodium: 782mg	17 Cold Meal ❄️ Chicken Salad w / pineapple Macaroni Salad Diced Beets Whole Wheat Crackers Mixed Fruit Cup Calories: 731 Carbs: 84g Fat: 30g Protein: 33g Sodium: 929mg	18 Cranberry Chicken Herbed Peas Cheesy Cauliflower Graham Crackers Oreo Cookies Calories: 639 Carbs: 90g Fat: 17g Protein:36g Sodium: 1004mg	
21 Chicken Vegetable Casserole Broccoli Black Eyed Peas Oatmeal Cream Pie 2% Milk Quart Calories: 600 Carbs: 86g Fat: 11g Protein: 44g Sodium: 624mg	22 Spaghetti w/ meat sauce Green Beans California Blend Veggies Graham Crackers Mixed fruit cup Calories: 677 Carbs: 90 g Fat: 24g Protein: 28 g Sodium: 915mg	23 Cold Meal ❄️ BBQ Chicken Salad Broccoli Salad Spiced Applesauce Whole Wheat Crackers Calories:762 Carbs: 66 g Fat: 32g Protein: 30 g Sodium:1132mg	24 Salisbury Steak w/ LS gravy Macaroni & Cheese Garden Blend Vegetables Graham crackers Pear Cup Calories:775 Carbs: 83 g Fat: 31g Protein: 42 g Sodium:942mg	25 Bean Burrito w/ queso Rice Rancho Fiesta Vegetables Peach Cup Calories: 738 Carbs: 124 g Fat: 18g Protein: 24 g Sodium: 859mg	
28 Teriyaki Beef Meatballs Rice Carrots Applesauce Cup 2% Milk Quart Calories: 612 Carbs: 77g Fat: 20 g Protein: 26 g Sodium: 803mg	29 Cold Meal ❄️ Tuna Salad with tomato slice Pasta Salad Cottage Cheese & Peaches Wheat Crackers Calories: 696 Carbs: 67 g Fat: 26g Protein:46 g Sodium: 1316mg	30 Chicken & Dumplings Roasted Sweet Potatoes Broccoli w/ cheese sauce Oatmeal Raisin Cookie Calories: 616 Carbs: 75g Fat: 19g Protein: 36 g Sodium: 1123mg			

