

APRIL 2019

Meals on Wheels Collin County

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	NOTES
1 Baked Chicken w/ Poultry Gravy Stuffing Peas Oreo Cookies Apple 2% Milk Quart Calories: 603 Carbs: 78 g Fat: 17 g Protein: 35 g Sodium: 965 mg	2 Fish Sticks Tuscany Mixed Vegetables Mashed Sweet Potatoes Banana Pudding Tarter Sauce Packet Calories: 717 Carbs: 87 g Fat: 29g Protein: 20 g Sodium: 819mg	3 Chicken Parmesan Capri Mixed Vegetables Spaghetti w/ Marinara Sauce Mixed Fruit Parmesan Cheese Packet Calories: 615 Carbs:78 g Fat: 20g Protein: 34 g Sodium: 952mg	4 Chili Cornbread Green Beans Orange Calories: 680 Carbs:80 g Fat: 27 g Protein: 30 g Sodium: 1113mg	5 Beef Tips over Rice Corn Broccoli Yogurt Calories: 633 Carbs: 98 g Fat: 9g Protein: 38 g Sodium: 909mg	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.
8 Taco Casserole Rice Sauteed Yellow Squash Yogurt 2% Milk Quart Calories: 694 Carbs: 89 g Fat: 22 g Protein: 32 g Sodium: 600mg	9 Teriyaki Chicken over Snow Peas Carrots Warm Cinnamon Apples Wheat Roll Calories: 614 Carbs: 75 g Fat: 14g Protein: 31 g Sodium: 1112mg	10 Salisbury Steak w/ LS Gravy Macaroni & Cheese Broccoli Pineapple Chunks Wheat Roll Calories: 761 Carbs: 84 g Fat: 30g Protein: 41 g Sodium: 920mg	11 Chicken Fajitas w/ Onions & Peppers Cilantro Lime Rice Black Beans Tortilla Pears Calories: 602 Carbs: 90g Fat: 6g Protein: 34g Sodium: 806mg	12 Vegetable Lasagna Capri Blend Vegetables Italian Stewed Tomatoes Garlic Breadstick Orange Calories: 679 Carbs: 105g Fat: 16 g Protein: 31g Sodium: 1306mg	
15 Chicken & Dumplings Roasted Sweet Potatoes Peas Oatmeal Cream Pie 2% Milk Quart Calories: 604 Carbs: 76g Fat: 17g Protein: 36 g Sodium: 931mg	16 Breaded Pork Patty w/ Low Sodium Brown Gravy French Fries Carrots Apple Calories: 620 Carbs: 79g Fat: 25g Protein: 25g Sodium: 761mg	17 Alfredo Chicken Strips Buttered Egg Noodles Roasted Brussel Sprouts Orange Calories: 654 Carbs: 71 g Fat: 21g Protein: 42 g Sodium: 1175mg	18 Steak Fingers w/ Pepper Gravy Green Beans Mashed Potatoes Vanilla Pudding Calories: 679 Carbs: 94 g Fat: 20 g Protein: 26 g Sodium: 1029mg	19 Good Friday / Passover Meals on Wheels is Closed Use your shelf stable meal Bad weather meal	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.
22 Cheeseburger Macaroni Steamed Cabbage Corn Orange 2% Milk Quart Calories: 604 Carbs: 74g Fat: 24g Protein: 27 g Sodium: 484mg	23 Oven Fried Chicken w/ Pepper Gravy California Vegetables Sweet Potato Tater Tots Pineapple Chunks, Roll Calories: 666 Carbs: 88g Fat: 20g Protein: 28 g Sodium: 1015mg	24 Classic Beef Stew Spinach Warm Cinnamon Apples Wheat Roll Calories: 743 Carbs: 67 g Fat: 29 g Protein: 44 g Sodium: 881mg	25 King Ranch Casserole White Rice Fiesta Vegetables Fruit Salad Calories: 709 Carbs: 85g Fat: 23g Protein: 40 g Sodium: 1321 mg	26 Cheese Ravioli Zucchini Tuscany Vegetables Chocolate Pudding Calories: 622 Carbs: 84 g Fat: 19 Protein: 29 g Sodium: 1263mg	
29 Beef Enchiladas Rice Black Beans Cinnamon Applesauce 2% Milk Quart Calories: 917 Carbs: 115 g Fat: 31g Protein: 45 g Sodium: 971 mg	30 Grilled Chicken Sandwich Tater Tots, Corn Lettuce/Tomato/Pickle Hamburger Bun, Mayo Vanilla Pudding Calories: 778 Carbs: 92 g Fat: 32g Protein: 34 g Sodium: 1193mg				