


March 2019

Meals on Wheels Collin County

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	NOTES
				1 Vegetable Lasagna Capri Blend Vegetables Italian Stewed Tomatoes Breadstick Orange Calories: 679 Carbs: 105g Fat: 16 g Protein:31g Sodium: 1306mg	<p>TO CANCEL A MEAL: Call by 2 PM the day before 972-562-6996</p> <p>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.</p> <p>***BAD WEATHER MEAL: Use your shelf stable meal that was provided in January in the event that Meals on Wheels cannot deliver a hot meal due to bad weather. The shelf stable meal does not require refrigeration. If an item needs heated - follow the directions on the label.</p> <p>MENU CHANGES: Side items may change with fresh produce shipments provided by the North Texas Food Bank.</p> <p>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.</p>  <p>MEALS ON WHEELS Collin County</p>
4 Chicken & Dumplings Roasted Sweet Potatoes Peas Oatmeal Cream Pie 2% Milk Quart Calories: 604 Carbs: 76g Fat: 17g Protein: 36 g Sodium: 931mg	5 Breaded Pork Patty w/ Low Sodium Brown Gravy French Fries Carrots Apple Calories: 620 Carbs: 27g Fat: 25g Protein: 25g Sodium: 761mg	6 Alfredo Chicken Strips Buttered Egg Noodles Roasted Brussel Sprouts Orange Calories:654 Carbs: 70 g Fat: 23g Protein: 42 g Sodium: 1175mg	7 Steak Fingers w/ Pepper Gravy Green Beans Mashed Potatoes Vanilla Pudding Calories: 679 Carbs: 94 g Fat: 20 g Protein:26 g Sodium: 1029mg	8 Green Chili Chicken Stew Chuckwagon Corn Cornbread Peaches Calories: 620 Carbs: 91 g Fat: 14g Protein: 36 g Sodium: 1007mg	
11 Cheeseburger Macaroni Broccoli Corn Orange 2% Milk Quart Calories: 604 Carbs: 74g Fat: 24g Protein: 27 g Sodium: 484mg	12 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	13 Classic Beef Stew Spinach Warm Cinnamon Apples Wheat Roll Calories: 743 Carbs: 67 g Fat: 29 g Protein:44 g Sodium: 881mg	14 King Ranch Casserole White Rice Fiesta Vegetables Fruit Salad Calories: 709 Carbs: 85g Fat: 23g Protein:40 g Sodium:1321 mg	15 Cheese Ravioli Zucchini Tuscany Vegetables Chocolate Pudding Calories: 622 Carbs:84 g Fat: 19 Protein: 29 g Sodium: 1263mg	
18 Beef Enchiladas Rice Black Beans Cinnamon Applesauce 2% Milk Quart Calories: 917 Carbs: 115 g Fat: 31g Protein: 45 g Sodium: 971 mg	19 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	20 Spaghetti w/ Meat Sauce Green Beans Squash Medley Garlic Breadstick Fruit Salad Calories: 676 Carbs:89 g Fat: 23g Protein: 28 g Sodium: 914mg	21 Chicken Gumbo w/ Rice Cornbread Mixed Vegetables Orange Calories: 601 Carbs:90 g Fat: 13 g Protein: 34 g Sodium: 970mg	22 Country Fried Steak w/ Pepper Gravy Mashed Potatoes Cabbage Wheat Roll Calories: 705 Carbs: 76 g Fat: 27g Protein: 32g Sodium: 1064mg	
25 Meatballs over Rice Okra and Tomatoes Apple 2% Milk Quart Calories: 614 Carbs: 61 g Fat: 28 g Protein: 30 g Sodium: 1167mg	26 BBQ Chicken Wings Baked Beans Warm Cinnamon Peaches Wheat Roll Calories: 644 Carbs: 81 g Fat: 19 g Protein: 35g Sodium: 1315mg	27 Meatloaf w/ Tomato Sauce Mashed Potatoes Green Beans Wheat Roll Pears Calories: 753 Carbs: 92 g Fat: 11 g Protein:33 g Sodium:873 mg	28 Baked Chicken & Mushrooms Peas & Carrots Corn Wheat Roll Orange Calories: 656 Carbs:92 g Fat: 18g Protein: 38 g Sodium: 908 mg	29 Baked 4 Cheese Pasta Zucchini Roasted Sweet Potatoes Garlic Breadstick Mixed Fruit Calories: 662 Carbs:94 g Fat: 13 g Protein: 24 g Sodium: 1211mg	