
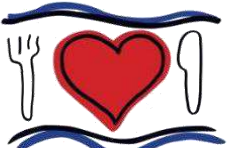


April 2020

Meals on Wheels Collin County

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | NOTES | |
|--|---|---|--|--|---|---|
| | | 1 Salisbury Steak w/ LS Gravy Macaroni & Cheese Garden Blend Vegetables Wheat Roll Orange Calories:775 Carbs: 83 g Fat: 31g Protein: 42 g Sodium:942mg | 2 Chicken Fajitas w/ Onions & Peppers Rice Black Beans Tortilla Pears Calories: 602 Carbs: 90g Fat: 6g Protein: 34g Sodium: 806mg | 3 Vegetable Lasagna Capri Blend Vegetables Italian Stewed Tomatoes Garlic Breadstick Sugar Free Jello Calories: 620 Carbs: 87 g Fat: 17g Protein: 31g Sodium: 1341mg | <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> | |
| 6 Chicken & Dumplings Roasted Sweet Potatoes Broccoli w/ Cheese Sauce Oatmeal Cream Pie 2% Milk Quart Calories: 616 Carbs: 75g Fat: 19g Protein: 36 g Sodium: 1123mg | 7 Cajun Turkey & Beans Cornbread Collard Greens Applesauce Calories:610 Carbs: 75g Fat: 16g Protein: 42 g Sodium: 960mg | 8 Alfredo Chicken & Noodles Roasted Brussel Sprouts Italian Blend Vegetables Peaches Garlic Breadstick Calories: 651 Carbs: 85 g Fat: 15 g Protein:42 g Sodium: 729mg | 9 Classic Beef Stew Spinach Warm Cinnamon Apples Wheat Roll Calories: 743 Carbs: 67 g Fat: 29 g Protein:44 g Sodium: 881mg | 10 Good Friday Meals on Wheels is closed. Use your shelf stable meal.  | | |
| 13 Cheeseburger Macaroni Broccoli Corn Yogurt 2% Milk Quart Calories: 682 Carbs: 84 g Fat: 25g Protein: 33 g Sodium: 588mg | 14 Oven Fried Chicken w/ Pepper Gravy Winter Blend Vegetables Warm Cinnamon peaches Wheat Roll Calories: 695 Carbs: 88 g Fat: 20g Protein: 32g Sodium: 1034mg | 15 King Ranch Casserole White Rice Fiesta Vegetables Mixed Fruit Calories: 709 Carbs: 85g Fat: 23g Protein:40 g Sodium:1321 mg | 16 Steak Fingers w/ Pepper Gravy Green Beans Mashed Potatoes Pumpkin Spice Pudding Calories: 660 Carbs: 91 g Fat: 19g Protein: 26g Sodium: 992mg | 17 Bean Burrito w/ Queso Rice Chuckwagon Corn Pineapple Calories: 738 Carbs: 124 g Fat: 18g Protein: 24 g Sodium: 859mg | | <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.</p> |
| 20 Beef Enchiladas Rice Black Beans Applesauce 2% Milk Quart Calories: 919 Carbs: 115g Fat: 32 g Protein: 45 g Sodium: 971mg | 21 BBQ Beef Sandwich Corn Warm Rice Pudding Hamburger Bun Calories: 628 Carbs: 79 g Fat: 17g Protein: 40 g Sodium: 661mg | 22 Spaghetti w/ Meat Sauce Green Beans California Blend Vegetables Breadstick Mixed Fruit Calories: 677 Carbs: 90 g Fat: 24g Protein: 28 g Sodium: 915mg | 23 Chicken Gumbo w/ Rice Cornbread Mixed Vegetables Orange Calories: 602 Carbs:90 g Fat: 12 g Protein: 34 g Sodium: 970mg | 24 Country Fried Steak w/ Pepper Gravy Peas White Beans w/ Rosemary Wheat Roll, Sugar-Free Jello Calories: 715 Carbs: 83g Fat: 24g Protein:38g Sodium: 1310mg | | <p>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> |
| 27 Meatballs over Rice Okra & Tomatoes Baby Carrots Applesauce 2% Milk Quart Calories: 677 Carbs: 76g Fat: 29g Protein: 31 g Sodium: 1126mg | 28 BBQ Chicken Wings Baked Beans Cornbread Orange Calories: 661 Carbs: 82 g Fat: 22g Protein:35 g Sodium: 1274 mg | 29 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 | 30 Baked Chicken & Mushrooms Peas & Carrots Rice Peaches Calories: 613 Carbs:87 g Fat: 15g Protein: 35 g Sodium: 658mg |  <p>MEALS ON WHEELS Collin County</p> | | |