



Service.  
Support.  
Smart Aging.

## Meals on Wheels Menu June 2023

|    | Monday                                                                                                                                                               | Tuesday                                                                                                                                              | Wednesday                                                        | Thursday                                                           | Friday                                                                      | Saturday |
|----|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|--------------------------------------------------------------------|-----------------------------------------------------------------------------|----------|
|    | **Fruits / Desserts are subject to change based on seasonality and supply chain. Please refer to the the list on the back of this menu for nutrition information. ** | If you ever need to cancel / hold meals or have questions feel free to reach us at<br><b>303 - 426 - 4408 x209 (Mandee) x210 (Emma) x204 (Becky)</b> |                                                                  | 1                                                                  | 2                                                                           | 3        |
|    |                                                                                                                                                                      |                                                                                                                                                      |                                                                  | BBQ Smoked Pork, Roasted Red Potato, Mixed Veggies, Dessert & Milk | Bourbon Chicken, Brown Rice, Chateau Veggies, Fruit & Milk                  |          |
| 4  | 5                                                                                                                                                                    | 6                                                                                                                                                    | 7                                                                | 8                                                                  | 9                                                                           | 10       |
|    | Chicken Fajita Bowl, Black Beans, Spanish Rice, Fajita Veggies, Fruit & Milk                                                                                         | Cuban Beef, Roasted Red Potato, California Vegetables, Fruit & Milk                                                                                  | Beef Lasagna, Italian Veggies, Dessert & Milk                    | Apple Grilled Pork, Roasted Potatoes, Zucchini, Dessert & Milk     | Gnocchi & Meatballs, Red Sauce, Spiced Carrot, Fruit & Milk                 |          |
| 11 | 12                                                                                                                                                                   | 13                                                                                                                                                   | 14                                                               | 15                                                                 | 16                                                                          | 17       |
|    | Beef Tacos, Refried Beans, Fajita Veggies, Fruit & Milk                                                                                                              | Down Home Mac N Cheese with Bacon and Ham, Broccoli, Fruit & Milk                                                                                    | Chicken Bruschetta, Brown Rice, California Veggie, Fruit & Milk  | Sesame Pork, Wheat Penne, Garden Veggies, Dessert & Milk           | Hearty Beef Chili, Roasted Sweet Potato, Basil Green Beans, Fruit & Milk    |          |
| 18 | 19 Federal Holiday Juneteenth                                                                                                                                        | 20                                                                                                                                                   | 21                                                               | 22                                                                 | 23                                                                          | 24       |
|    | <b>The Senior Hub is CLOSED:</b> Parmesan Chicken, Brown Rice, Chateau Veggie Blend, Dessert & Milk                                                                  | Grilled Ham Steaks, Roasted Brussel Sprouts, Sweet Potatoes, Fruit & Milk                                                                            | Meatloaf, Baked Potato, Seasoned Green Beans, Dessert & Milk     | Shepherds Pie, Seasoned Peas & Carrots, Fruit & Milk               | Chicken Carbonara, Penne with Alfredo Sauce, Squash Medley, Fruit & Milk    |          |
| 25 | 26                                                                                                                                                                   | 27                                                                                                                                                   | 28                                                               | 29                                                                 | 30                                                                          |          |
|    | Pulled Pork, Penne Pasta, Gravy, Steamed Carrots, Fruit & Milk                                                                                                       | Honey Pineapple Chicken, Sweet Potato, California Veggies, Fruit & Milk                                                                              | Baked Lemon Garlic Swai, Brown Rice, Green Beans, Dessert & Milk | Beef Goulash, Wheat Pasta, Corn, Dessert & Milk                    | Chicken Cordon Bleu, Roasted Garlic Potato, California Veggie, Fruit & Milk |          |



Meals on Wheels Nutrition Information

June 2023

| Sunday                                                                                                          | Monday                                                                                                                        | Tuesday                                                                                                                                                                                 | Wednesday                                                                                                       | Thursday                                                                                                        | Friday                                                                                                        | Saturday |
|-----------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|----------|
|                                                                                                                 |                                                                                                                               | Questions about the nutritional information?<br>Please reach out to our Registered Dietitian,<br><b>Stephanie Tarnacki at (860) 918 - 8466,</b><br><b>or at stephtarnacki@gmail.com</b> |                                                                                                                 | 1                                                                                                               | 2                                                                                                             | 3        |
|                                                                                                                 |                                                                                                                               |                                                                                                                                                                                         |                                                                                                                 | Calories 510kcal<br>Fat 11g<br>Protein 38g<br>Total Carbohydrates 67g<br>Sodium 470mg<br>Sugar 26g<br>Fiber 14g | Calories 420kcal<br>Fat 5g<br>Protein 30g<br>Total Carbohydrates 60g<br>Sodium 900mg<br>Sugar 31g<br>Fiber 6g |          |
| 4                                                                                                               | 5                                                                                                                             | 6                                                                                                                                                                                       | 7                                                                                                               | 8                                                                                                               | 9                                                                                                             | 10       |
| Calories 580kcal<br>Fat 15g<br>Protein 28g<br>Total Carbohydrates 78g<br>Sodium 240mg<br>Sugar 36g<br>Fiber 9g  | Calories 520kcal<br>Fat 9g<br>Protein 43g<br>Total Carbohydrates 71g<br>Sodium 230mg<br>Sugar 24g<br>Fiber 12g                | Calories 590kcal<br>Fat 22g<br>Protein 33g<br>Total Carbohydrates 66g<br>Sodium 1110mg<br>Sugar 20g<br>Fiber 10g                                                                        | Calories 520kcal<br>Fat 17g<br>Protein 38g<br>Total Carbohydrates 58g<br>Sodium 210mg<br>Sugar 20g<br>Fiber 8g  | Calories 580kcal<br>Fat 9g<br>Protein 34g<br>Total Carbohydrates 94g<br>Sodium 390mg<br>Sugar 24g<br>Fiber 10g  |                                                                                                               |          |
| 11                                                                                                              | 12                                                                                                                            | 13                                                                                                                                                                                      | 14                                                                                                              | 15                                                                                                              | 16                                                                                                            | 17       |
| Calories 630kcal<br>Fat 24g<br>Protein 34g<br>Total Carbohydrates 70g<br>Sodium 970mg<br>Sugar 18g<br>Fiber 3g  | Calories 500kcal<br>Fat 19g<br>Protein 31g<br>Total Carbohydrates 56g<br>Sodium 1000mg<br>Sugar 15g<br>Fiber 5g               | Calories 540kcal<br>Fat 21g<br>Protein 34g<br>Total Carbohydrates 53g<br>Sodium 430mg<br>Sugar 21g<br>Fiber 7g                                                                          | Calories 570kcal<br>Fat 10g<br>Protein 41g<br>Total Carbohydrates 80g<br>Sodium 470mg<br>Sugar 32g<br>Fiber 11g | Calories 450kcal<br>Fat 10g<br>Protein 14g<br>Total Carbohydrates 67g<br>Sodium 790mg<br>Sugar 24g<br>Fiber 15g |                                                                                                               |          |
| 18                                                                                                              | 19                                                                                                                            | 20                                                                                                                                                                                      | 21                                                                                                              | 22                                                                                                              | 23                                                                                                            | 24       |
| Calories 490kcal<br>Fat 18g<br>Protein 33g<br>Total Carbohydrates 49g<br>Sodium 640mg<br>Sugar 19g<br>Fiber 6g  | Calories 410kcal<br>Fat 8g<br>Protein 30g<br>Total Carbohydrates 61g<br>Sodium 1190mg<br>Sugar 21g<br>Fiber 13g               | Calories 520kcal<br>Fat 19g<br>Protein 32g<br>Total Carbohydrates 52g<br>Sodium 460mg<br>Sugar 17g<br>Fiber 9g                                                                          | Calories 580kcal<br>Fat 10g<br>Protein 30g<br>Total Carbohydrates 82g<br>Sodium 960mg<br>Sugar 18g<br>Fiber 5g  | Calories 520kcal<br>Fat 21g<br>Protein 32g<br>Total Carbohydrates 56g<br>Sodium 460mg<br>Sugar 20g<br>Fiber 7g  |                                                                                                               |          |
| 25                                                                                                              | 26                                                                                                                            | 27                                                                                                                                                                                      | 28                                                                                                              | 29                                                                                                              | 30                                                                                                            |          |
| Calories 560kcal<br>Fat 10g<br>Protein 39g<br>Total Carbohydrates 77g<br>Sodium 490mg<br>Sugar 19g<br>Fiber 10g | Calories 550kcal<br>Fat 15g<br>Protein 29g<br>Total Carbohydrates 76g<br>Sodium 960mg<br>Sugar 39g<br>Fiber 10g               | Calories 490g<br>Fat 15g<br>Protein 42g<br>Total Carbohydrates 50g<br>Sodium 870mg<br>Sugar 18g<br>Fiber 4g                                                                             | Calories 420kcal<br>Fat 8g<br>Protein 37g<br>Total Carbohydrates 46g<br>Sodium 500mg<br>Sugar 20g<br>Fiber 8g   | Calories 510kcal<br>Fat 20g<br>Protein 35g<br>Total Carbohydrates 49g<br>Sodium 700mg<br>Sugar 18g<br>Fiber 4g  |                                                                                                               |          |
|                                                                                                                 | Fruit Nutrition Information                                                                                                   | Calories Carbs                                                                                                                                                                          | Dessert Nutrition Information                                                                                   | Calories Carbs                                                                                                  |                                                                                                               |          |
|                                                                                                                 | Apple 52 14<br>Applesauce 57 15<br>Banana 89 23<br>Fruit Cup 70 16<br>Peaches 60 14<br>Mandarin oranges 70 16<br>Orange 47 12 |                                                                                                                                                                                         | SF Vanilla Pudding 60 11<br>SF Chocolate Pudding 70 14<br>SF Jello 10 2                                         |                                                                                                                 |                                                                                                               |          |