



Service.
Support.
Smart Aging.

Meals on Wheels Menu

August 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
If you ever need to cancel / hold meals or have questions feel free to reach us at 303 - 426 - 4408 x209 (Mandee) x210 (Emma) x204 (Becky) x 214 (Darci)		Machaca Beef, Spicy Beans, Mexican Rice, Fruit & Milk	Honey Pineapple Chicken, Sweet Potato, California Veggies, Dessert & Milk	Teriyaki Beef, Pagoda Rice, Mixed Veggie, Dessert & Milk	Cranberry Glazed Ham, Roasted Brussel Sprouts, Brown Rice, Fruit & Milk	
	6	7	8	9	10	11
	Lasagna, Normandy Veggies, Fruit & Milk	Down Home Mac N Cheese with Bacon and Ham, Four Way Veggie, Dessert & Milk	Chicken Bruschetta, Penne Pasta, California Veggie, Fruit & Milk	Brat, Mashed Potato, Peas & Carrots, Fruit & Milk	Oven Roasted Turkey, Mashed Potato, Cheateau Veggies, Dessert & Milk	
13	14	15	16	17	18	19
	Apple Glazed Ham, Roasted Brussel Sprouts, Roasted Sweet Potato, Fruit & Milk	Salisbury Steak, Green Beans, Roasted Red Potato, Fruit & Milk	Mushroom Ravioli with Red Sauce, Garden Veggies, Fruit & Milk	Chicken Carbonara, Wheat Penne, Roasted Squash, Fruit & Milk	Whole Wheat Spaghetti with Meatballs & Red Sauce, Spiced Carrot, Dessert & Milk	
20	21	22	23	24	25	26
	Chicken with Mushroom Sauce, Roasted Potato, Green Beans, Fruit & Milk	Grilled Ham Steaks, Roasted Brussel Sprouts, Brown Rice, Fruit & Milk	Beef Tips with Gnocchi & Gravy, Peas & Carrots, Fruit & Milk	Chicken Lo Mein with Snow Peas, Broccoli & Carrots, Dessert & Milk	Pork Al Pastor, Penne Pasta, Squash Medley, Dessert & Milk	
27	28	29	30	31	**Fruit subject to change based on seasonality and supply chain issues. Please refer to the list at the bottom of this menu for nutrition information.**	
	Basil & Garlic Chicken, Roasted Red Potato, Cauliflower, Fruit & Milk	Florentine Stuffed Shells, Parma Rosa, Peas & Carrots, Fruit & Milk	Baked Lemon Garlic Swai, Brown Rice, Corn, Dessert & Milk	Shephards Pie, Seasoned Peas & Carrots, Fruit & Milk		



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Meals on Wheels Nutrition Information

August 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		Calories 600 kcal Fat 8g Protein 40g Total Carbohydrates 85g Sodium 1040mg Sugar 36g Fiber 8g	Calories 550kcal Fat 15g Protein 29g Total Carbohydrates 76g Sodium 960mg Sugar 39g Fiber 10g	Calories 420kcal Fat 5g Protein 30g Total Carbohydrates 60g Sodium 900mg Sugar 31g Fiber 6g	Calories 520 Fat 16.5g Protein 32g Total Carbohydrates 61g Sodium 1125mg Sugar 27g Fiber 13g	
6	7	8	9	10	11	12
	Calories 590kcal Fat 22g Protein 33g Total Carbohydrates 66g Sodium 1110mg Sugar 20g Fiber 10g	Calories 500kcal Fat 19g Protein 31g Total Carbohydrates 56g Sodium 1000mg Sugar 15g Fiber 5g	Calories 540kcal Fat 21g Protein 34g Total Carbohydrates 53g Sodium 430mg Sugar 21g Fiber 7g	Calories 550kcal Fat 8g Protein 37g Total Carbohydrates 95g Sodium 520mg Sugar 32g Fiber 12g	Calories 520 kcal Fat 6g Protein 28g Total Carbohydrates 82g Sodium 850mg Sugar 36g Fiber 14g	
13	14	15	16	17	18	19
	Calories 520 Fat 16.5g Protein 32g Total Carbohydrates 61g Sodium 1125mg Sugar 27g Fiber 13g	Calories 420kcal Fat 7g Protein 22g Total Carbohydrates 66g Sodium 680mg Sugar 24g Fiber 6g	Calories 530kcal Fat 8g Protein 28g Total Carbohydrates 92g Sodium 480mg Sugar 26g Fiber 7g	Calories 520kcal Fat 21g Protein 32g Total Carbohydrates 56g Sodium 460mg Sugar 20g Fiber 7g	Calories 560 kcal Fat 8g Protein 36g Total Carbohydrates 91g Sodium 280mg Sugar 26g Fiber 7g	
20	21	22	23	24	25	26
	Calories 580kcal Fat 11g Protein 42g Total Carbohvdrates 76g Sodium 700mg Sugar 31g Fiber 9g	Calories 410kcal Fat 8g Protein 30g Total Carbohvdrates 61g Sodium 1190mg Sugar 21g Fiber 13g	Calories 420kcal Fat 7g Protein 22g Total Carbohvdrates 66g Sodium 680mg Sugar 24g Fiber 6g	Calories 560kcal Fat 28g Protein 26g Total Carbohvdrates 53g Sodium 750mg Sugar 43g Fiber 5g	Calories 490kcal Fat 27g Protein 31g Total Carbohvdrates 32g Sodium 260mg Sugar 19g Fiber 5g	
27	28	29	30	31	Questions about the nutritional information? Please reach out to our Registered Dietitian, Stephanie Tarnacki at (860) 918 - 8466, or at stephtarnacki@gmail.com	
	Calories 680 kcal Fat 28g Protein 31g Total Carbohvdrates 79g Sodium 520mg Sugar 32g Fiber 4g	Calories 420kcal Fat 8g Protein 37g Total Carbohvdrates 46g Sodium 500mg Sugar 20g Fiber 8g	Calories 490g Fat 15g Protein 42g Total Carbohvdrates 50g Sodium 870mg Sugar 18g Fiber 4g	Calories 580kcal Fat 10g Protein 30g Total Carbohvdrates 82g Sodium 960mg Sugar 18g Fiber 5g		
	Fruit Nutrition Information	Calories Carbs	Dessert Nutrition Information	Calories Carbs		
	Apple Applesauce Banana Fruit Cup Peaches Mandarin oranges Orange	52 14 57 15 89 23 70 16 60 14 70 16 47 12	SF Vanilla Pudding SF Chocolate Pudding SF Jello	60 11 70 14 10 2		