

Meals on Wheels- Winter

December 1-31, 2018 Kirby

Monday	Tuesday	Wednesday	Thursday	Friday
December 3, 2018	December 4, 2018	December 5, 2018	December 6, 2018	December 7, 2018
Creamy Beef Stroganoff with Mushroom Colorful Squash Salad Seasoned Green Beans 78g Carbs Fresh Fruit Beverage	National Cookie Day Peruvian Chicken over Rice Colorful Vegetable Medley Herbed Green Peas 94g Carbs Lemon Cookie Beverage	Fish Sandwich Confetti Pasta Salad Seasoned Garden Veggies 109g Carbs Fresh Fruit Beverage	Tomato Basil Chicken Stew Colorful Vegetable Medley Edamame Medley 92g Carbs Fruit Cup Beverage	Zesty Sloppy Joe Casserole Green Veggies with Carrots Rstd Broccoli and Onions 81g Carbs Fresh Fruit Beverage
December 10, 2018	December 11, 2018	December 12, 2018	December 13, 2018	December 14, 2018
Sweet Potato Turkey Chili Seasoned Green Beans Colorful Squash Salad 71g Carbs Fresh Fruit Beverage	Pepper Steak Veggie Fried Rice Seasoned Veggies with Mushroom 75g Carbs Fruit Cup Beverage	Shrimp Gumbolaya Stew Chuckwagon Corn Seasoned Garden Veggies 83g Carbs Nutty Buddy Wafer Bar Beverage	Spaghetti Bolognese Colorful Vegetable Medley Herbed Green Peas 69g Carbs Fresh Fruit Beverage	Flavorful BBQ Pork Buttery Mashed Potatoes Edamame Medley 85g Carbs Fresh Fruit Beverage
December 17, 2018	December 18, 2018	December 19, 2018	December 20, 2018	December 21, 2018
Butternut Squash Ravioli Topped with Veggie Alfredo Sauce Thyme Roasted Carrots Herbed Green Peas 109g Carbs Fresh Fruit Beverage	Ketchup Glazed Meatloaf Buttery Mashed Potatoes Green Veggies with Carrots Wheat Bread 99g Carbs Fresh Fruit Beverage	Cheesy Chicken Crisпитos Spanish Rice Chuckwagon Corn 102g Carbs Fruit Cup Beverage	Chicken Pasta Primavera Colorful Squash Salad Edamame Medley 88g Carbs Christmas Cookie Beverage	Shepherd's Pie Seasoned Garden Veggies 65g Carbs Cinnamon Baked Apple Beverage
December 24, 2018	December 25, 2018	December 26, 2018	December 27, 2018	December 28, 2018
Center Closed for Christmas Eve	Center Closed for Christmas Day	Crispy Fish over Rice Pilaf Green Veggies with Carrots Tartar Sauce 99g Carbs Fresh Fruit Beverage	Hamburger on Buttery Bun Confetti Pasta Salad Seasoned Garden Veggies Mustard 94g Carbs Fruit Cup Beverage	Tangy Chicken Stew Chuckwagon Corn 83g Carbs Cinnamon Baked Apple Beverage
December 31, 2018			Monthly Average Calories: 627.09 calories Protein: 32.04 gm Carbohydrate: 85.92 gm Fat: 17.23 gm (24.72% of calories) Fiber: 9.36 gm Sodium: 674.56 mg	Nutritional Goals Over 600 calories Over 20 grams Less than 100 grams Less than 30% Total Calories Over 7 Grams Less than 1000 milligrams
Contact Phone Number: 735-5115				
Holiday Meal	We will be closed on Monday, December 24, 2018 and Tuesday, December 25, 2018 for Christmas and on Monday, December 31, 2018 for New Year's Eve.			
Comments	The amount of carbohydrates listed includes entree, sides, fruit or dessert, and a carton of milk. <u>Tip:</u> If following a diabetic diet, look at the amount of carbs per meal. If the amount is too high, divide your meal in half and eat a portion of your meal and the rest later, eat your dessert/fruit at a later time, or drink water instead of milk with your meal to reduce the amount of carbs.			
Menu Approved by Rhalzza Velasquez-Garcia, RD, LD License #DT84315 (expires 06/30/2019) 11/13/2018				