

December 2020

Meals on Wheels Collin County

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	NOTES
	1 Meatloaf w/ Tomato Sauce Mashed Potatoes Green Beans Applesauce Cup Graham Crackers Calories: 684 Carbs: 79 g Fat: 27g Protein: 32 g Sodium: 802mg	2 Oven Fried Chicken w/ pepper gravy Winter Blend Vegetables Warm Cinnamon Peaches Lorna Doone Cookie Calories: 695 Carbs: 88 g Fat: 20g Protein: 32 g Sodium: 1034 mg	3 BBQ Chicken Breast Baked Beans Carrots Graham Crackers Pineapple Cup Calories: 603 Carbs: 90 g Fat: 14g Protein: 35 g Sodium: 1323mg	4 Vegetable Lasagna Capri Blend Vegetables Italian Stewed Tomatoes Oatmeal Cream Pie 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> <p>**EMERGENCY MEAL BAGS** You were provided 5 shelf stable meals in July and 5 shelf stable meals in October in the event that MOWCC has to temporarily close. DO NOT eat these meals unless instructed to do so.</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.</p> <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>
7 Hawaiian Turkey Meatballs over rice, Oriental vegetables Baby Carrots Mandarin Orange Cup 2% Milk Quart Calories: 637 Carbs: 67g Fat: 27 g Protein: 28 g Sodium: 1054mg	8 Marinara Baked Pasta Zucchini Roasted Sweet Potatoes Fig Bar Calories: 626 Carbs: 91 g Fat: 18g Protein: 25 g Sodium: 686mg	9 Chicken fajitas w/ onions & peppers Black Beans Rice with peas & carrots Pear Cup, Graham Crackers Calories: 631 Carbs: 97 g Fat: 7g Protein: 35 g Sodium: 782mg	10 Green Chili Chicken Stew Chuckwagon Corn Mexican Cornbread Peach cup Calories: 615 Carbs: 85 g Fat: 13 Protein: 43 g Sodium: 1000mg	11 Cranberry Chicken Herbed Peas Cheesy Cauliflower Graham Crackers Oreo Cookies Calories: 639 Carbs: 90g Fat: 17g Protein: 36g Sodium: 1004mg	
14 Chicken Vegetable Casserole Broccoli Black Eyed Peas Oatmeal Cream Pie 2% Milk Quart Calories: 600 Carbs: 86g Fat: 11g Protein: 44g Sodium: 624mg	15 Spaghetti w/ meat sauce Green Beans California Blend Veggies Graham Crackers Mixed fruit cup Calories: 677 Carbs: 90 g Fat: 24g Protein: 28 g Sodium: 915mg	16 Chicken Gumbo w/ rice Cornbread Warm Cinnamon Apples SF Pudding Cup Calories: 602 Carbs: 90g Fat: 12g Protein: 34 g Sodium: 970mg	17 Salisbury Steak w/ LS gravy Macaroni & Cheese Garden Blend Vegetables Graham crackers Pear Cup Calories: 775 Carbs: 83 g Fat: 31g Protein: 42 g Sodium: 942mg	18 Bean Burrito w/ queso Rice Rancho Fiesta Vegetables Peach Cup Calories: 738 Carbs: 124 g Fat: 18g Protein: 24 g Sodium: 859mg	
21 December 21-25: Meals on Wheels is closed. Use frozen and shelf stable meals that have been previously sent to you.	22	23	24 Christmas Eve	25 Christmas Day 	
28 December 28-January 1st Meals on Wheels is closed. Use frozen and shelf stable meals that have been previously sent to you.	29	30	31 New Year's Eve 	1 New Year's Day Daily hot meals will resume on Monday, January 4th.	

