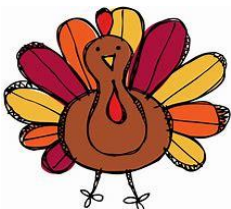




# November 2020

# Meals on Wheels Collin County

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  | NOTES  |   |
|--|--|---|--|---|--|---|
| <b>2</b><br>Chicken Vegetable Casserole<br>Broccoli<br>Black Eyed Peas<br>Oatmeal Cream Pie<br>2% Milk Quart<br>Calories: 600 Carbs: 86g<br>Fat: 11g Protein: 44g<br>Sodium: 624mg | <b>3</b><br>Spaghetti w/ meat sauce<br>Green Beans<br>California Blend Veggies<br>Graham Crackers<br>Mixed fruit cup<br>Calories: 677 Carbs: 90 g<br>Fat: 24g Protein: 28 g<br>Sodium: 915mg | <b>4</b> <i>It's Back!</i><br>Chicken Gumbo w/ rice<br>Cornbread<br>Warm Cinnamon Apples<br>SF Pudding Cup<br>Calories: 602 Carbs: 90g<br>Fat: 12g Protein: 34 g<br>Sodium: 970mg         | <b>5</b><br>Salisbury Steak w/ LS gravy<br>Macaroni & Cheese<br>Garden Blend Vegetables<br>Graham crackers<br>Pear Cup<br>Calories: 775 Carbs: 83 g<br>Fat: 31g Protein: 42 g<br>Sodium: 942mg | <b>6</b><br>Bean Burrito w/ queso<br>Rice<br>Rancho Fiesta Vegetables<br>Peach Cup<br>Calories: 738 Carbs: 124 g<br>Fat: 18g Protein: 24 g<br>Sodium: 859mg   | <b>TO CANCEL A MEAL:</b><br>Call by 2 PM the day before<br>972-562-6996<br><br><b>MILK QUARTS:</b> 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.<br><br><b>**EMERGENCY MEAL BAGS**</b><br>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.<br><br><b>MENU CHANGES:</b> Side items may change with fresh produce shipments provided by the North Texas Food Bank.<br><br><b>NUTRITION:</b> 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.<br><br>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. |   |
| <b>9</b><br>Teriyaki Beef Meatballs<br>Rice<br>Carrots<br>Applesauce Cup<br>2% Milk Quart<br>Calories: 612 Carbs: 77g<br>Fat: 20 g Protein: 26 g<br>Sodium: 803mg                  | <b>10</b> <i>It's Back!</i><br>Chili<br>Cornbread Stuffing<br>Green Beans<br>Pear Cup<br>Calories: 680 Carbs: 80 g<br>Fat: 27 g Protein: 30 g<br>Sodium: 1113 mg                             | <b>11</b><br>Chicken & Dumplings<br>Roasted Sweet Potatoes<br>Broccoli w/ cheese sauce<br>Oatmeal Raisin Cookie<br>Calories: 616 Carbs: 75g<br>Fat: 19g Protein: 36 g<br>Sodium: 1123mg   | <b>12</b><br>Taco Casserole<br>Rice<br>Chuckwagon Corn<br>Mixed Fruit Cup<br>Calories: 668 Carbs: 76g<br>Fat: 27g Protein: 28 g<br>Sodium: 639mg   | <b>13</b><br>Fish Sticks<br>Mashed Sweet Potatoes<br>Okra & Tomatoes<br>Tartar Sauce<br>Pineapple Cup<br>Calories: 717 Carbs: 87 g<br>Fat: 29g Protein: 20 g<br>Sodium: 819mg   |  |   |
| <b>16</b><br>Cheeseburger Macaroni<br>Peas & Pearl Onions<br>Capri Vegetables<br>Fig Bar<br>2% Milk Quart<br>Calories: 646 Carbs: 70g<br>Fat: 27g Protein: 30 g<br>Sodium: 649mg   | <b>17</b><br>King Ranch Casserole<br>White Rice<br>Fiesta Vegetables<br>Mandarin Orange Cup<br>Calories: 709 Carbs: 85g<br>Fat: 23g Protein: 40 g<br>Sodium: 1321 mg                         | <b>18</b><br>Baked Chicken & Mushrooms<br>Peas & Carrots<br>Rice<br>Chocolate Chip Cookies<br>Calories: 763 Carbs: 102 g<br>Fat: 26 g Protein: 37 g<br>Sodium: 868 mg                     | <b>19</b><br>Beef Lasagna<br>Tuscany Vegetables<br>Baby Carrots<br>Graham Crackers<br>Peach cup<br>Calories: 744 Carbs: 93 g<br>Fat: 27 g Protein: 33 g<br>Sodium: 1016mg                      | <b>20</b> ❖ ❖ ❖ ❖ ❖<br>Roasted Turkey Breast<br>w/ LS Gravy, Stuffing<br>Sweet Potatoes<br>Green Bean Almondine<br>Pumpkin Pie, Cranberry Sauce<br>Calories: 866 Carbs: 118g<br>Fat: 24g Protein: 48g<br>Sodium: 1337mg |  |   |
| <b>23</b><br>Chicken Spaghetti<br>Brussels Sprouts<br>Italian Vegetables<br>Applesauce Cup<br>2% Milk Quart<br>Calories: 622 Carbs: 72g<br>Fat: 19g Protein: 39 g<br>Sodium: 756mg | <b>24</b><br>Cajun Turkey & Beans<br>Cornbread Stuffing<br>Collard Greens<br>SF Pudding Cup<br>Calories: 610 Carbs: 75g<br>Fat: 16 g Protein: 42 g<br>Sodium: 960 mg                         | <b>25</b><br>Chicken Tenders<br>Mashed Potatoes<br>Corn, Graham Crackers<br>Honey Mustard Sauce<br>Sugar-Free Jello<br>Calories: 804 Carbs: 91g<br>Fat: 35g Protein: 31g<br>Sodium: 842mg | <b>26 Thanksgiving!</b><br>Meals on Wheels is closed.<br>Heat your frozen turkey meal.<br>                | <b>27</b><br>Meals on Wheels is closed.<br>Eat your shelf stable meal.  |  |   |
| <b>30</b><br>Chicken Enchiladas<br>Black Beans<br>Chuckwagon Corn<br>Yogurt<br>2% Milk Quart<br>Calories: 736 Carbs: 101 g<br>Fat: 20g Protein: 41 g<br>Sodium: 906mg              |   |   |  |   |  |  |