

February 2021

Meals on Wheels Collin County

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	NOTES
1 Teriyaki Beef Meatballs Rice Carrots Applesauce Cup 2% Milk Quart Calories: 612 Carbs: 77g Fat: 20 g Protein: 26 g Sodium: 803mg	2 Chili Cornbread Stuffing Green Beans Pear Cup Calories: 680 Carbs: 80 g Fat: 27 g Protein: 30 g Sodium: 1113 mg	3 Chicken & Dumplings Roasted Sweet Potatoes Broccoli w/ cheese sauce Oatmeal Raisin Cookie Calories: 616 Carbs: 75g Fat: 19g Protein: 36 g Sodium: 1123mg	4 Taco Casserole Rice Chuckwagon Corn Mixed Fruit Cup Calories: 668 Carbs: 76g Fat: 27g Protein: 28 g Sodium: 639mg	5 Fish Sticks Mashed Sweet Potatoes Okra & Tomatoes Tartar Sauce Pineapple Cup Calories: 717 Carbs: 87 g Fat: 29g Protein: 20 g Sodium: 819mg	<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 BAG** 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>
8 Cheeseburger Macaroni Peas & Pearl Onions Capri Vegetables Fig Bar 2% Milk Quart Calories: 646 Carbs: 70g Fat: 27g Protein: 30 g Sodium: 649mg	9 Chicken Tenders Mashed Potatoes Corn, Graham Crackers Honey Mustard Sauce Sugar-Free Jello Calories: 804 Carbs: 91g Fat: 35g Protein: 31g Sodium: 842mg	10 Baked Chicken & Mushrooms Peas & Carrots Rice Chocolate Chip Cookies Calories: 763 Carbs: 102 g Fat: 26 g Protein: 37 g Sodium: 868 mg	11 Beef Lasagna Tuscany Vegetables Baby Carrots Graham Crackers Peach cup Calories: 744 Carbs: 93 g Fat: 27 g Protein: 33 g Sodium: 1016mg	12 Cheese Enchiladas Black Beans Rice Tropical Fruit Cup Calories: 744 Carbs: 93 g Fat: 27g Protein: 33 g Sodium: 1016mg	
15 Chicken Spaghetti Brussels Sprouts Italian Vegetables Applesauce Cup 2% Milk Quart Calories: 622 Carbs: 72g Fat: 19g Protein: 39 g Sodium: 756mg	16 Cajun Turkey & Beans Cornbread Stuffing Collard Greens SF Pudding Cup Calories: 610 Carbs: 75g Fat: 16 g Protein: 42 g Sodium: 960 mg	17 King Ranch Casserole White Rice Fiesta Vegetables Mandarin Orange Cup Calories: 709 Carbs: 85g Fat: 23g Protein: 40 g Sodium: 1321 mg	18 Chicken Cordon Bleu casserole w/ Turkey ham Capri vegetables White beans w/ rosemary Graham crackers / Pear cup Calories: 7058 Carbs: 102g Fat: 16g Protein: 42 g Sodium: 1023 mg	19 Beef & Pepper Casserole Peas & Pearl Onions Cauliflower Pineapple Cup Calories: 603 Carbs: 62g Fat: 27g Protein: 29g Sodium: 575 mg	
22 Chicken Enchiladas Black Beans Chuckwagon Corn Yogurt 2% Milk Quart Calories: 736 Carbs: 101 g Fat: 20g Protein: 41 g Sodium: 906mg	23 Meatloaf w/ Tomato Sauce Mashed Potatoes Green Beans Applesauce Cup Graham Crackers Calories: 684 Carbs: 79 g Fat: 27g Protein: 32 g Sodium: 802mg	24 Oven Fried Chicken w/ pepper gravy Winter Blend Vegetables Warm Cinnamon Peaches Lorna Doone Cookie Calories: 695 Carbs: 88 g Fat: 20 g Protein: 32 g Sodium: 1034 mg	25 BBQ Chicken Breast Baked Beans Carrots Graham Crackers Pineapple Cup Calories: 603 Carbs: 90 g Fat: 14g Protein: 35 g Sodium: 1323mg	26 Vegetable Lasagna Capri Blend Vegetables Italian Stewed Tomatoes Oatmeal Cream Pie Calories: 620 Carbs: 87 g Fat: 17g Protein: 31g Sodium: 1341mg	

