

The purpose of this handout is to assist you with meal planning. However, you can choose to eat your food in any order you like.

The weekly 14 meals include a fresh sandwich and a salad or wrap. To enjoy freshly prepared sandwiches and salads at the peak of their quality, please consume it within two days.

To prevent foodborne illness, it is highly recommended that fresh fruits be washed thoroughly before consumption.

Each menu contains <30% calories from fat and has no MSG.

**When you receive your food, freeze or refrigerate immediately.**

### Meal Heating Instructions

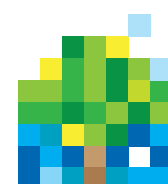
**Microwave:** Puncture film and microwave for 6-8 minutes until meal reaches 165°F.

**Oven:** Preheat oven to 300°F. Puncture film and heat on middle rack for 35-40 minutes until meal reaches 165°F.

**Frozen Soup:** Loosen lid and microwave for 2 minutes until soup reaches 165°F.



**Meals will be hot after heating. Please handle carefully.**



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## Meals on Wheels Menu

**November 9, 2020 - February 28, 2021**

Meals on Wheels' clients receive delicious, nutritious, and visually appealing meals. The menu, developed by a Registered Dietitian Nutritionist, fulfills 2/3 of the Dietary Reference Intake (DRI) for required nutrients\* based on an adult who is 60 years or older.

The Meals on Wheels menu has an average sodium content of ~600-700 mg per meal. Consumption of two meals (Breakfast and Lunch/Dinner) will provide ~1200-1400 mg sodium. Sodium comes from the entrée, breakfast cereal, bread, milk, cheese, peanut butter, etc. Please check with your healthcare provider for sodium intake that is right for you.






The goal for each meal is to provide an average of 533 calories. You will consume calories from the entrees, milk, whole grain bread, fruit, and other grocery items included in the delivery.

The menu is not specifically designed for older adults with diabetes. However, our well-balanced menu is low in added sugars. Seasonal fresh fruit and 4 oz. fruit juice are offered along with the meal. Canned fruit is packed in water and diet syrup is offered with pancakes and waffles.

In addition to these wonderful meals, your delivery includes snack items such as peanut butter, crackers, cheese, and an assortment of cooked beans.

\*Nutrition education is provided for nutrients not meeting 2/3 DRI.

## Meals on Wheels Menu (November 9, 2020 – February 28, 2021)



		MON	TUES	WED	THURS	FRI	SAT	SUN
<b>Week #1</b> 11/9-11/15 12/14-12/20 1/18-1/24 2/22-2/28	<b>Entrée</b>	Spaghetti & Meatballs Whole Kernel Corn Broccoli Florets	Chimichurri Chicken Black Beans & Corn Stewed Tomatoes	BBQ Pork Patty Red Skin Potatoes Whole Kernel Corn	Zesty Orange Chicken Bean Blend Vegetable Mix Mixed Vegetables	Baked Fish (Not Breaded) w/ Lemon Dill Sauce RST Red Potatoes Spinach	Chicken Caesar Salad over Greens Fresh Fruit Wheat Crackers	 Egg Salad Sandwich Whole Wheat Bread (2 SL) Creamy Coleslaw Fresh Fruit
	<b>Breakfast</b>	Egg, Sausage, Cheese Burrito; Egg Omelet with Cheese w/ Mozzarella Cheese Stick; 1 cup Cold Cereal (Multigrain, Cinn. Chex, Cornflakes); 1 oz Dry Cereal (Cream of Wheat) x 2						
	<b>Fruit &amp; Desserts</b>	WG Gold Fish Crackers; Fruit Cup (Pineapple, Pears); Fresh Fruit (Pears x 1, Bananas x 4); Monterey Jack-1.5 wz						
	<b>Misc</b>	Loaf of Whole Grain Bread; Fortified Fruit Punch Juice x 3 ctns; Fortified Apple Juice x 2 ctns; Half Gallon 1% Milk; LF Flavored Yogurt-6 fl oz; Pinto beans-1/2 cup; Peanut Butter-2 oz						
<b>Week #2</b> 11/16-11/22 12/21-12/27 1/25-1/31	<b>Entrée</b>	Veal Parmesan Carrots Green Pea Blend	Pesto Basil Chicken Lima Beans Three Seasons Vegetables	Chipotle Meatloaf Red Skin Potatoes Green Beans	 Macaroni and Cheese Stewed Tomatoes Bean Blend	Roasted Pork w/ Apple Berry Sauce Garlic Whipped Potatoes Capri Blend Vegetables	Chicken Salad Sandwich Whole Wheat Bread (2 SL) Country Coleslaw Fresh Fruit	Surimi Salad over Greens Fresh Fruit Wheat Crackers Thousand Island Dressing
	<b>Breakfast</b>	Pancakes w/syrup*; Breakfast Sliders Egg/Cheese w/ Mozzarella String Cheese; 1 cup Cold Cereal (Crispy Rice, Cheerios, Special K); 1 oz Dry Cereal (Original Plain Oatmeal) x 2						
	<b>Fruit &amp; Desserts</b>	LF Graham Crackers; Fruit Cup (Raisins, Pineapple); Fresh Fruit (Orange x 3, Bananas x 3); Monterey Jack-1.5 wz						
	<b>Misc</b>	Loaf of Whole Grain Bread; Fortified Orange-Tangerine Juice x 3 ctns; Fortified Verry Berry Juice x 2 ctns; Half Gallon 1% Milk; LF Flavored Yogurt-6 fl oz; Red kidney beans-1/2 cup; Peanut Butter-2 oz						
<b>Week #3</b> 11/23-11/29 12/28-1/3 2/1-2/7	<b>Entrée</b>	Beef Strips w/ Orange Rice Corn w/ Peppers Broccoli Florets	 Fried Egg Patties Sweet Potatoes Asparagus	Breaded Pollock w/ Spinach Sauce Sweet Potatoes Cauliflower	Spaghetti & Meatballs Whole Kernel Corn Broccoli Florets	Roasted Turkey w/ Poultry Gravy Candied Sweet Potatoes Green Beans	Santa Fe Chicken Salad over Greens Fresh Fruit Wheat Crackers	Meatloaf Sandwich Whole Wheat Bread (2 SL) Confetti Coleslaw Fresh Fruit
	<b>Breakfast</b>	WG Breakfast Pizza w/ Mozzarella String Cheese; Waffle w/syrup*; 1 cup Cold Cereal (Multigrain, Cinn. Chex, Cornflakes); 1 oz Dry Cereal (Original Plain Oatmeal) x 2						
	<b>Fruit &amp; Desserts</b>	WG Gold Fish Crackers; Fruit Cup (Applesauce, Raisins); Fresh Fruit (Oranges x 3, Bananas x 2); Cheddar Cheese-1.5 wz						
	<b>Misc</b>	Loaf of Whole Grain Bread; Fortified Fruit Punch Juice x 3 ctns; Fortified Cran-Raspberry Juice x 2 ctns; Half Gallon 1% Milk; LF Flavored Yogurt-6 fl oz; White beans-1/2 cup; Peanut Butter-2 oz						
<b>Week #4</b> 11/30-12/6 1/4-1/10 2/8-2/14	<b>Entrée</b>	 Cheese Ravioli & Spinach Alfredo Mixed Vegetables Cauliflower	Teriyaki Chicken Sweet Potatoes Brussel Sprouts	Beef Strips w/ Gravy Spinach Mixed Vegetables	Breaded Pollock Green Pea Blend Carrots	Beef Patty w/ Brown Gravy Whipped Potatoes Green Beans	Tuna Salad Sandwich Whole Wheat Bread (2 SL) Broccoli Raisin Salad Fresh Fruit	Chinese Chicken Salad over Greens Fresh Fruit Wheat Crackers
	<b>Breakfast</b>	Egg Omelet w/Cheese; English Muffin w/Jelly*; 1 cup Cold Cereal (Crispy Rice, Cheerios, Special K); 1 oz Dry Cereal (Cream of Wheat) x 2						
	<b>Fruit &amp; Desserts</b>	Animal Crackers; Fruit Cup (Pineapple, Raisins); Fresh Fruit (Apple Slices x 2, Bananas x 3); Cheddar Cheese-1.5 wz						
	<b>Misc</b>	Loaf of Whole Grain Bread; Fortified Verry Berry Juice x 3 ctns; Fortified Apple Juice x 2 ctns; Half Gallon 1% Milk; LF Flavored Yogurt-6 fl oz; Pinto beans-1/2 cup, Peanut Butter-2 oz						
<b>Week #5</b> 12/7-12/13 1/11-1/17 2/15-2/21	<b>Entrée</b>	Honey Mustard Chicken Sweet Potatoes Brussel Sprouts	Chipotle Meatloaf Red Skin Potatoes Green Beans	Breaded Pollock w/ Coconut Curry Rice Three Seasons Vegetables Broccoli Florets	Breakfast Scramble Asparagus Hush Browns	Orange Glazed Chicken Steamed Rice Asian Blend Vegetables Sauted Cabbage	 Cottage Cheese & Tropical Fruit over Greens Wheat Crackers Fresh Fruit	Turkey & Cheese Sandwich Whole Wheat Bread (2 SL) Pineapple Coleslaw Fresh Fruit
	<b>Breakfast</b>	Hard Cooked Egg; Wheat Bagel w/Cream Cheese; 1 cup Cold Cereal (Crispy Rice, Cinn. Chex, Cornflakes); 1 oz Dry Cereal (Original Plain Oatmeal) x 2						
	<b>Fruit &amp; Desserts</b>	WG Gold Fish Crackers; Fruit Cup (Applesauce, Raisins); Fresh Fruit (Oranges x 1, Bananas x 4); Cheddar Cheese-1.5 wz						
	<b>Misc</b>	Loaf of Whole Grain Bread; Fortified Fruit Punch Juice x 3 ctns; Fortified Orange-Tangerine Juice x 2 ctns; Half Gallon 1% Milk; LF Flavored Yogurt-6 fl oz; Black Beans-1/2 cup; Peanut Butter-2 oz						

No Meal Deliveries on these Holidays: Thursday, November 26, 2020 (Thanksgiving); Friday, December 25, 2020 (Christmas Day); Friday, January 1, 2021 (New Year's Day); Monday, January 18, 2021 (Martin Luther King Jr. Day); Monday, February 15, 2021 (Presidents' Day)

Menu analysis: Each menu (2 meals) meets 2/3 RDA requirements, contains < 30% calories from fat and is consistent with a "No Added Salt" diet modification. No MSG.

\*Artificially sweetened syrup, diet jelly, and low fat cream cheese

NOTE: Fruit Cups are packed in juice (mixed fruit, pineapple, applesauce/cinnamon applesauce, pears, mandarin oranges)

 Vegetarian Meal  New Item

Menu is subject to change

For Cancellations and Holds: please call Sourcewise at (408) 350-3246

TRIO Community Meals