



CANCER FIGHTING FOOD TIPS!

By Annette Payne, Registered Dietitian

1. Fill up on fiber! Eating plenty of vegetables, fruits, whole grains and legumes lowers certain cancer risks. Try filling half your plate with fruits and veggies. Switch your cereal and crackers to whole grain options such as oatmeal, shredded wheat or triscuits.
2. Limit junk food! Eating too much food with added sugars and fats leads to weight gain and leaves little room for more healthy foods. Drink unsweetened sparkling water rather than sugary sodas. Satisfy a sweet craving with an fresh fruit, unsweetened applesauce/fruit cup, sugar free pudding or gelatin rather than high sugar desserts or candy.
3. Eat Less Meat. Eating large amounts of red meat and processed meats (ham, bacon, hot dogs) may increase cancer risks. Instead, try eating beans as a protein source for some meals.
4. Limit Alcohol. If consumed at all, try limiting drinks to no more than one drink daily for women and two for men.

MOWCC UPDATES/REMINDERS

New Fall menu is coming in November!

New recipes include:

- Buffalo Turkey Meatballs
 - Beef Swiss Steak
- Tuna Noodle Casserole
 - Pumpkin Rice
 - Ranch Corn
- Beef Swedish Meatballs

HARVEST BOXES

- Harvest Boxes will be delivered the weekend of October 7th & 21st

COVID TESTS

As of September 25, 2023, residential households in the U.S. can order one set of #4 free at-home tests from USPS.com again.

We would like to recognize our loyal volunteer, Donna Sedota! Donna has faithfully served at Meals on Wheels Collin County for almost 8 years! Donna arrives at our McKinney location every Monday at 7:45 a.m. to help bag meals in our staging area. Once the meals are counted and placed in the meal delivery bags, Ms. Sedota delivers these meals directly to seniors. We are so thankful for her service and the impact she has made on the lives of seniors in Collin County. Donna says she volunteers because she cares for seniors. The seniors care for her too and are delighted to see her. She used to get to deliver meals to her mother on her route!



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- If you feel abused, neglected or exploited, call 1-800-252-5400
 - If you are in need of a few clothing items or extra food, please contact your Social Worker or our Senior Service Administrator, **Lauren Thompson at 469-731-4866.**
 - Please do not share personal information such as your Social Security number or bank information over the phone.

Menu

Created by our
Licensed Dietitian

October

2023



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Chicken Tenders Mashed Potatoes Corn, Honey Mustard SF Jell-O, Graham Crackers, 2% Milk Quart Calories: 731 Carbs: 89g Fat: 29g Protein: 31g Sodium: 891mg</p>	<p>3 Cheeseburger Macaroni Peas & Pearl Onions Capri Vegetables Fig bar Calories: 757 Carbs: 91g Fat: 29g Protein: 33g Sodium: 590mg</p>	<p>4 Pulled Chicken BBQ Sandwich, Mixed Veggies Tater Tots, Hamburger Bun Pear Cup Calories: 678 Carbs: 94g Fat: 15g Protein: 43g Sodium: 1040mg</p>	<p>5 Tuna Salad w/tomato slice Corn Salad Cottage Cheese & Peaches Crackers Calories: 661 Carbs: 54g Fat: 31g Protein: 42g Sodium: 949mg</p>	<p>6 Teriyaki Diced Chicken Brown Rice Carrots Yogurt Calories: 716 Carbs: 98g Fat: 14g Protein: 47g Sodium: 731mg</p>
<p>9 Beef Burrito w/ Queso Rice, Rancho Fiesta Veggies Oreo Cookie 2% Milk Quart Calories: 703 Carbs: 90g Fat: 24g Protein: 30g Sodium: 956mg</p>	<p>10 BBQ Chicken Bake Succotash Fried Okra Pear cup, Sour Cream Calories: 699 Carbs: 78g Fat: 25g Protein: 42g Sodium: 694mg</p>	<p>11 Chicken Fried Steak w/ Pepper Gravy Winter Blend Vegetables Warm Cinnamon Peaches SF Pudding Cup Calories: 635 Carbs: 88g Fat: 18g Protein: 34g Sodium: 862mg</p>	<p>12 Chicken Fajitas w/onions & peppers Veggie Brown Rice Seasoned Black Beans Applesauce Cup Calories: 676 Carbs: 98g Fat: 11g Protein: 47g Sodium: 531mg</p>	<p>13 Zesty Orange Boneless Chicken Wings Roasted Herb Potatoes Broccoli w/Cheese Sauce Sugar Free Cookie Calories: 627 Carbs: 57g Fat: 27g Protein: 38g Sodium: 703mg</p>
<p>16 Vegetable Lasagna Capri Vegetables, Italian Stewed Tomatoes, Oatmeal Cream Pie, 2% Milk Quart Calories: 623 Carbs: 87g Fat: 19g Protein: 26g Sodium: 1059mg</p>	<p>17 Greek Chicken Mixed Vegetables White Beans w/ Rosemary Graham Crackers, Apple Calories: 675 Carbs: 88g Fat: 15g Protein: 46g Sodium: 444mg</p>	<p>18 Chicken Enchiladas Black Beans Chuckwagon Corn Yogurt Calories: 831 Carbs: 109g Fat: 25g Protein: 47g Sodium: 791mg</p>	<p>19 Egg Salad w/Turkey Ham 3 Bean Salad Spiced Peaches Crackers, Pudding Calories: 609 Carbs: 68g Fat: 26g Protein: 26g Sodium: 946mg</p>	<p>20 BBQ Chicken Breast Baked Beans Carrots, Graham Crackers Pear Cup Calories: 639 Carbs: 96g Fat: 11g Protein: 44g Sodium: 1064mg</p>
<p>23 Hawaiian Turkey Meatballs over rice, Oriental Veg, Baby Carrots, Strawberry Raisins 2% Milk Quart Calories: 609 Carbs: 96g Fat: 10g Protein: 32g Sodium: 732mg</p>	<p>24 Marinara Baked Pasta Winter Blend Vegetables Roasted Sweet Potatoes Fig Bar Calories: 632 Carbs: 98g Fat: 17g Protein: 23g Sodium: 713mg</p>	<p>25 Sundried Tomato Chicken Salad, Potato Salad Diced Beets Crackers, Jell-O Calories: 601 Carbs: 70g Fat: 20g Protein: 33g Sodium: 950mg</p>	<p>26 Chicken Makhani Rice & Lentil Pilaf Zucchini Lorna Doone Cookie Calories: 610 Carbs: 65g Fat: 19g Protein: 43g Sodium: 393mg</p>	<p>27 Mini Chicken Corn Dogs Corn, Lima Beans Mustard Packet Yogurt Calories: 729 Carbs: 117g Fat: 20g Protein: 32g Sodium: 836mg</p>
<p>30 Spaghetti w/meat sauce Green Beans, California Blend Veg, Graham Crackers Craisins, 2% Milk Quart Calories: 607 Carbs: 104g Fat: 14g Protein: 29g Sodium: 754mg</p>	<p>31 Chicken w/ Cajun Sauce Broccoli Black Eyed Peas Oatmeal Cream Pie Calories: 604 Carbs: 65g Fat: 17g Protein: 49g Sodium: 521mg</p>			<p>SF: indicates a sugar-free item when available.</p>

Notes:

TO CANCEL A MEAL:
Call by 2PM the day
before.
972-562-6996

EMERGENCY MEAL

BOXES

Save these shelf stable
meals. DO NOT EAT
unless instructed to do so.

MILK QUARTS

Will be delivered once a
week. Nutrition facts
provided include a serving
of milk with the meal.

MENU CHANGES

Menu items may change
due to availability and
food industry shortages.

NUTRITION

Our nourishing meals
provide target nutrients for
optimal health. All meals
provide a minimum of 1/3 of
the daily nutritional needs
for older adults. No salt is
added during cooking and
salt-free products are used
as much as possible.

deliver.

Items with this icon indicates it is a cold dish

hope.

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