



KEEP YOUR GUT IN CHECK!

By Annette Payne, RD, LD, CDCES

Having a healthy gut can keep your immune system healthy, reduce inflammation and keep your bowels regular.

Probiotics vs. Prebiotics

- Probiotics are a mix of live, friendly bacteria and yeast that live naturally in your body.

Probiotic sources are found in fermented foods such as yogurt, cottage cheese, kefir, kombucha, sauerkraut, tempeh, kimchi and miso.

- Prebiotics serve as fuel for probiotics, which helps increase healthy gut bacteria.

Prebiotic sources: are found in fiber-rich foods, such as raspberries, garlic, onions, artichokes, whole grains, beans, lentils, pears and apples.

Probiotics thrive when an individual eats adequate prebiotic-rich foods within a diverse diet. One group is not healthier than the other—we need both!

MOWCC UPDATES/REMINDERS

SENIOR INFORMATION
★ & WELLNESS FAIR ★

WEDNESDAY
MAY 22
9 AM - 1 PM



**50+
Vendors**

**Food
Trucks**

**Door
Prizes**

**Sam Johnson Recreation
Center - 401 W 16th St,
Plano, TX 75075**

EMERGENCY FOOD BOXES

Keep your box of emergency food in the event that our volunteers cannot deliver. **DO NOT EAT** these meals unless you are instructed to by MOWCC. If you have not received an emergency meal box, please call Client Services at **469-731-4866**.

IMPORTANT DATE:

Meals on Wheels will be closed for Memorial Day on May 27th. You will receive a meal ahead of time to eat on this day.

NEW SPRING MENU!

Enjoy old favorites and some new recipes such as New Orleans Beef, Chicken Fried Rice, Balsamic Carrots, Chicken Cordon Bleu, Sweet & Sour Chicken, Beef Taco Spaghetti.

PLEASE NOTE!

Chicken Cordon Bleu contains pork.

- If you feel abused, neglected or exploited, call **1-800-252-5400**
- Need Transportation? Residents of Plano, Allen, Wylie and Fairview -Collin County Rides - **214-828-6717**
- Residents of McKinney, Lowry Crossing, Princeton, Melissa, Celina or Prosper - Collin County Transit - **214-749-2844**
- Are you a veteran in need of someone to talk to? Call dial 988, then press 1.
- Enjoying your meals? Send comments to **paynea@mealsonwheelssc.org**
- North Central Texas Aging & Disability Resource Center has relevant trainings every month: **<https://nctadrc.org/Calendar>**

Menu

Created by our
Licensed Dietitian

May

2024



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Notes: SF - sugar-free item when available LS - low sodium product</p>		<p>1 Pulled Chicken BBQ Sandwich, Mixed Veggies Tater Tots, Hamburger Bun Pear Cup Calories: 678 Carbs: 94g Fat: 15g Protein: 43g Sodium: 1040mg</p>	<p>2 Tuna Salad w/tomato slice Corn Salad Cottage Cheese & Peaches Crackers Calories: 661 Carbs: 54g Fat: 31g Protein: 42g Sodium: 949mg</p>	<p>3 Teriyaki Chicken Breast Brown Rice Carrots Yogurt Calories: 716 Carbs: 98g Fat: 14g Protein: 47g Sodium: 731mg</p>
<p>6 Beef Burrito w/ Queso Rice Rancho Fiesta Vegetables Oreo Cookie 2% Milk Quart Calories: 703 Carbs: 90g Fat: 24g Protein: 30g Sodium: 956mg</p>	<p>7 Meatloaf w/ tomato sauce Mashed Potatoes, Creamed Corn, Applesauce Cup Granola Bar Calories: 668 Carbs: 98g Fat: 20g Protein: 30g Sodium: 950mg</p>	<p>8 Chicken Fried Steak w/ LS Pepper Gravy Winter Blend Vegetables Warm Cinnamon Peaches SF Pudding Cup Calories: 635 Carbs: 88g Fat: 18g Protein: 34g Sodium: 700mg</p>	<p>9 Chicken Fajitas w/onions & peppers Veggie Brown Rice Seasoned Black Beans Craisins Calories: 676 Carbs: 98g Fat: 11g Protein: 47g Sodium: 531mg</p>	<p>10 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>13 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>14 Greek Chicken Mixed Vegetables White Beans w/ Rosemary Graham Crackers, Apple Calories: 675 Carbs: 88g Fat: 15g Protein: 46g Sodium: 444mg</p>	<p>15 Chicken Cordon Bleu **Contains Pork** Balsamic Carrots Succotash Lorna Doone Cookie Calories: 657 Carbs: 63g Fat: 28g Protein: 38g Sodium: 654mg</p>	<p>16 Egg Salad w/Turkey Ham 3 Bean Salad Spiced Peaches Crackers, Pudding Calories: 609 Carbs: 68g Fat: 26g Protein: 26g Sodium: 946mg</p>	<p>17 BBQ Chicken Breast Baked Beans Carrots, Graham Crackers Pear Cup Calories: 639 Carbs: 96g Fat: 11g Protein: 44g Sodium: 1064mg</p>
<p>20 Sweet & Sour Chicken Asian Blend Vegetables Veggie Brown Rice Strawberry Raisins 2% Milk Quart Calories: 650 Carbs: 101g Fat: 9g Protein: 43g Sodium: 326mg</p>	<p>21 Marinara Baked Pasta Winter Blend Vegetables Roasted Sweet Potatoes Fig Bar Calories: 632 Carbs: 98g Fat: 17g Protein: 23g Sodium: 713mg</p>	<p>22 Sundried Tomato Chicken Salad, Potato Salad Diced Beets Crackers, SF Jell-O Calories: 601 Carbs: 70g Fat: 20g Protein: 33g Sodium: 950mg</p>	<p>23 Salisbury Steak w/ LS Gravy, Macaroni & Cheese, Garden Blend Veggies, Applesauce Calories: 695 Carbs: 73g Fat: 28g Protein: 40g Sodium: 842mg</p>	<p>24 Mini Chicken Corn Dogs Corn, Lima Beans Mustard Packet Yogurt Calories: 729 Carbs: 117g Fat: 20g Protein: 32g Sodium: 836mg</p>
<p>27 HAPPY MEMORIAL DAY! Meals on Wheels is closed today. Please eat the meal that was previously sent.</p>	<p>28 Chicken w/ Cajun Sauce Broccoli, Black Eyed Peas Oatmeal Cream Pie 2% Milk Quart Calories: 604 Carbs: 65g Fat: 17g Protein: 49g Sodium: 521mg</p>	<p>29 BBQ Chicken Salad Broccoli Salad Cinnamon Applesauce Crackers Calories: 796 Carbs: 56g Fat: 46g Protein: 41g Sodium: 710mg</p>	<p>30 French Toast Sticks Scrambled Eggs Breakfast Potatoes Yogurt SF Pancake Syrup Calories: 812 Carbs: 116g Fat: 25g Protein: 34g Sodium: 786mg</p>	<p>31 Beef Taco Spaghetti Seasoned Black Beans California Blend Veg Applesauce Cup Calories: 614 Carbs: 78g Fat: 20g Protein: 31g Sodium: 720mg</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.

Made with VISME