



## NOVEMBER IS NATIONAL DIABETES MONTH

By Annette Payne, Registered Dietitian

All MOWCC menus are planned by a Registered Dietitian. Each of our meals meets at least one-third of the Daily Recommended Dietary Allowance for the nutrition needs of Seniors.

Are MOWCC meals OK for those who have Diabetes or Pre-Diabetes?

- YES! Our meals contain on average 90 grams or less of carbohydrate.
- Counting Carbohydrates? Carbohydrate content is listed on the menu for each meal. Ways you can reduce the carbohydrates: Our nutrition facts include a serving of milk at each meal. Clients can opt to save the milk and fruit/dessert for a snack later on that day if they are trying to lower the carbohydrate content for the meal. This will deduct approximately 30-45 grams of carbohydrate from the total amount.
- Full of fiber! Our meals average at least 7 grams of fiber, which helps slow the absorption of carbohydrates. We incorporate whole grain hamburger buns, brown rice, and lots of veggies to pump up the fiber in our meals.

# MOWCC UPDATES/REMINDERS

## New Fall menu is here! Let us know what you think of the new recipes!

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

## DATES TO REMEMBER:

- SATURDAY, November 11: Frozen meal delivery for most clients. Please save meals for Thanksgiving holiday.
  - November 23 and 24: MOWCC is closed for Thanksgiving

## 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.

1-888-720-7489

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Douglas has worked at Meals on Wheels Collin County for two years! During his time here, he has worked as a delivery driver, kitchen worker and facilities maintenance. Douglas knew very little about MOWCC when he started work. He knew the organization was special after his first two weeks.

When delivering, Douglas had the chance to meet many seniors from different walks of life. This helped him to understand the senior community better. Douglas visits with one of our clients who would be totally alone without MOWCC. "That's what makes me want to keep doing it," said Douglas. "Serving people who were serving us before we were even born."

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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.**
  - If you are in need of food, please reach out to your Social Worker or our Client Service Administrator, Lauren at 469-731-4866.



# Menu

Created by our  
Licensed Dietitian

# November

2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>SF: indicates a sugar-free item when available.</p> <p>6 Swedish Beef Meatballs Pumpkin Rice Lima Beans, Craisins 2% Milk Quart Calories: 686 Carbs: 85g Fat: 21g Protein: 40g Sodium: 500mg</p>	<p>7 Green Chili Chicken Stew Chuckwagon Corn Mexican Cornbread Peach Cup Calories: 615 Carbs: 85g Fat: 13g Protein: 43g Sodium: 1000mg</p>	<p>1 Chicken Gumbo w/ Rice Cornbread Cinnamon Apples Pudding Cup Calories: 602 Carbs: 90g Fat: 12g Protein: 34g Sodium: 970mg</p>	<p>2 Beef Burrito w/ queso Brown Rice Rancho Fiesta Veggies Peach Cup Calories: 709 Carbs: 110g Fat: 18g Protein: 26g Sodium: 884mg</p>	<p>3 Spaghetti w/meat sauce Green Beans California Blend Veg Graham Crackers Orange Raisins Calories: 607 Carbs: 104g Fat: 14g Protein: 29g Sodium: 754mg</p>
<p>13 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>14 Steakburger w/ cheese Tater Tots Baked Beans Hamburger Bun, Mustard, Pudding Cup Calories: 975 Carbs: 100g Fat: 45g Protein: 41g Sodium: 1400mg</p>	<p>8 Lemon Pepper Tilapia Garlic Lemon Rice Garden Blend Vegetables Fresh Orange Calories: 603 Carbs: 79g Fat: 14g Protein: 38g Sodium: 628mg</p>	<p>9 French Toast Sticks Scrambled Eggs Breakfast Potatoes Yogurt SF Pancake Syrup Calories: 812 Carbs: 114g Fat: 25g Protein: 34g Sodium: 786mg</p>	<p>10 Chicken &amp; Dumplings Mashed Sweet Potatoes Broccoli w/ cheese sauce Oatmeal Raisin Cookie Calories: 616 Carbs: 75g Fat: 19g Protein: 36g Sodium: 1123mg</p>
<p>20 Chicken Spaghetti Brussel Sprouts Italian Vegetables Granola Bar 2% Milk Quart Calories: 611 Carbs: 67g Fat: 18g Protein: 46g Sodium: 523mg</p>	<p>21 Breaded Steak w/ Pepper Gravy, Winter Blend Veggies Warm Cinnamon Peaches Lorna Doone Cookie Calories: 695 Carbs: 88g Fat: 20g Protein: 32g Sodium: 1034mg</p>	<p>15 Cheeseburger Macaroni Peas &amp; Pearl Onions Capri Vegetables Fig bar Calories: 757 Carbs: 94g Fat: 29g Protein: 33g Sodium: 590mg</p>	<p>16 Baked Chicken &amp; Mushrooms Peas &amp; Carrots, Rice Chocolate Chip Cookies Calories: 763 Carbs: 102g Fat: 24g Protein: 37g Sodium: 868mg</p>	<p>17 Turkey &amp; Gravy over Cornbread Stuffing Mashed Sweet Potatoes Corn, Peach Parfait Calories: 866 Carbs: 118g Fat: 24g Protein: 48g Sodium: 1337mg</p>
<p>27 Teriyaki Chicken Breast Brown Rice Asian Blend Veggies Fig Bar, 2% Milk Quart Calories: 669 Carbs: 95g Fat: 13g Protein: 43g Sodium: 580mg</p>	<p>28 Vegetable Lasagna Capri Blend Veg Italian Stewed Tomatoes Oatmeal Cream Pie Calories: 620 Carbs: 87g Fat: 17g Protein: 31g Sodium: 1341mg</p>	<p>22 Brunswick Stew Cornbread Stuffing Collard Greens Pudding Cup Calories: 636 Carbs: 70g Fat: 24g Protein: 35g Sodium: 900mg</p>	<p>23 HAPPY THANKSGIVING! Meals on Wheels is closed today. Please eat the meal that was previously sent.</p>	<p>24 Meals on Wheels is closed today. Please eat the meal that was previously sent.</p>
<p>27 Teriyaki Chicken Breast Brown Rice Asian Blend Veggies Fig Bar, 2% Milk Quart Calories: 669 Carbs: 95g Fat: 13g Protein: 43g Sodium: 580mg</p>	<p>29 Chicken Pot Pie /w Biscuit Mashed Potatoes Broccoli, Fresh Apple Calories: 640 Carbs: 91g Fat: 12g Protein: 42g Sodium: 765mg</p>	<p>30 Greek Chicken Mixed Vegetables White Beans w/ Rosemary Graham Crackers, Craisins Calories: 675 Carbs: 88g Fat: 15g Protein: 46g Sodium: 444mg</p>		

## Notes:

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

### 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.*

*hope.*

Made with VISME