



FUN FOOD FACTS ABOUT MEALS!

By Annette Payne, Registered Dietitian

- 5 a.m. That's the time our staff arrives every day to make your meal!
- Real ingredients. Real mashed potatoes...not instant. Whole muscle chicken breast...not a formed patty. 100% ground beef...no fillers.
- No salt is added during cooking. You won't find a saltshaker in our kitchen. Only herbs and spices.
- Full of fiber. Our meals contain at least 7 grams of fiber.
- 1400. The number of lunch meals we make every day.
- We use frozen vegetables – they have higher vitamin and mineral content and no added salt!
- It's a workout to mix up batches of our chicken salad - it's over 400 pounds of ingredients!
- 15 – The number of refrigerators & freezers to store our ingredients. Some are big enough to walk inside!

MOWCC UPDATES/REMINDERS

Meals on Wheels will be closed on Labor Day, September, 4th, 2023.

A shelf stable meal will be sent for you to eat on this day

Meet Our MOW Staff!



Sandra has been with the organization for 22 years. She is responsible for organizing the hot meals and cold items of each delivery. The ever-changing nature of Meals on Wheels ensures there is never a dull moment. Sandra also works with charity groups to put together holiday meals for seniors. When asked what she'd like to say to the seniors, Sandra said, "It's a great honor and privilege to serve you."

If you need a window A/C unit, fans, or extra assistance, please contact your social worker. If you'd like to share your story and experiences, please contact Lauren Thompson [\(469-731-4866\)](tel:469-731-4866)

If you feel abused, neglected or exploited, call 1-800-252-5400

Menu

Created by our
Licensed Dietitian

September

2023



Monday	Tuesday	Wednesday	Thursday	Friday
<p>SF: indicates a sugar-free item when available.</p> <p>4 Happy Labor Day! Meals on Wheels is closed. Please eat the meal that was previously sent.</p>	<p>5 Greek Chicken Mixed Vegetables White Beans w/ Rosemary Graham Crackers, Apple 2% Milk Quart Calories: 675 Carbs: 88g Fat: 15g Protein: 46g Sodium: 444mg</p>	<p>6 Chicken Enchiladas Seasoned Black Beans Chuckwagon Corn Yogurt Calories: 831 Carbs: 109g Fat: 25g Protein: 47g Sodium: 791mg</p>	<p>7 Egg Salad w/Turkey Ham 3 Bean Salad Spiced Peaches Crackers, Pudding Calories: 609 Carbs: 68g Fat: 26g Protein: 26g Sodium: 946mg</p>	<p>1 Zesty Orange Boneless Chicken Wings Roasted Herb Potatoes Broccoli w/Cheese Sauce Sugar Free Cookie Calories: 627 Carbs: 57 g Fat: 27g Protein: 38g Sodium: 703 mg</p>
<p>11 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>12 Marinara Baked Pasta Winter Blend Vegetables Roasted Sweet Potatoes Fig Bar Calories: 632 Carbs: 98g Fat: 17g Protein: 23g Sodium: 713mg</p>	<p>13 Sundried Tomato Chicken Salad, Potato Salad Diced Beets Crackers, Jell-O Calories: 601 Carbs: 70g Fat: 20g Protein: 33g Sodium: 950mg</p>	<p>14 Chicken Makhani Rice & Lentil Pilaf Zucchini Lorna Doone Cookie Calories: 610 Carbs: 65g Fat: 19g Protein: 43g Sodium: 393mg</p>	<p>15 Mini Chicken Corn Dogs Corn, Lima Beans Mustard Packet Yogurt Calories: 729 Carbs: 117g Fat: 20g Protein: 32g Sodium: 836mg</p>
<p>18 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>19 Chicken w/ Cajun Sauce Broccoli Black Eyed Peas Oatmeal Cream Pie Calories: 604 Carbs: 65g Fat: 17g Protein: 49g Sodium: 521mg</p>	<p>20 BBQ Chicken Salad Broccoli Salad Cinnamon Applesauce Crackers Calories: 796 Carbs: 56g Fat: 46g Protein: 41g Sodium: 710mg</p>	<p>21 French Toast Sticks Scrambled Eggs Breakfast Potatoes Yogurt, Pancake Syrup Calories: 812 Carbs: 116g Fat: 25g Protein: 34g Sodium: 786mg</p>	<p>22 Chicken Spaghetti Brussel Sprouts Italian Vegetables Applesauce Calories: 611 Carbs: 67g Fat: 18g Protein: 46 g Sodium: 523 mg</p>
<p>25 BBQ Beef Meatballs Roasted Sweet Potatoes Cream Corn, Granola Bar 2% Milk Quart Calories: 736 Carbs: 95g Fat: 25g Protein: 36g Sodium: 847mg</p>	<p>26 Chicken Sausage w/ Peppers Macaroni & Cheese Mixed Vegetables Tropical Fruit Cup Calories: 668 Carbs: 88g Fat: 17g Protein: 40g Sodium: 775mg</p>	<p>27 Cod Fish Sticks Mashed Sweet Potatoes Okra & Tomatoes Tartar Sauce, Fresh Orange Calories: 670 Carbs: 88g Fat: 26g Protein: 23g Sodium: 879mg</p>	<p>28 Chicken Cacciatore Herbed Rice Peas & Carrots Oatmeal Raisin Cookie Calories: 616 Carbs: 79g Fat: 15g Protein: 43 Sodium: 503mg</p>	<p>29 Taco Casserole Veggie Brown Rice Chuckwagon Corn Pudding Cup Calories: 635 Carbs: 85g Fat: 21g Protein: 28g Sodium 416mg</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.