



POWER UP ON PROTEIN

By Annette Payne, Registered Dietitian

Protein is needed to maintain muscle mass, fight infection and recover from an accident or surgery. With aging, a gradual loss of muscle occurs, and it can lead to a poor quality of life and loss of independence. Staying active and eating enough protein will help prevent muscle loss. Did you know that our meals contain at least 20 grams of protein?

Chewing protein foods such as meat also can be a problem for some older adults. Here are some tips to pump up your protein intake, without upsetting your food budget:

1. Enjoy More Beans. Add canned beans to salads, soups, rice dishes and casseroles.
2. Make Your Crackers Count. Spread peanut butter on whole-grain crackers.
3. Pump Up Your Eggs. Mix low-fat cheese or extra whites into scrambled eggs.
4. Cook with Milk. Use fat-free or low-fat milk rather than water to make soup or oatmeal.
5. Use Dry Milk Powder. Mix a spoonful of dry milk into fluid milk, cream soups and mashed potatoes.

MOWCC UPDATES/REMINDERS

IMPORTANT DATES!

- Monday, January 15 – MOWCC is closed for MLK Jr. Day. Please eat the meal that will be provided ahead of that day.

EMERGENCY MEALS –

Emergency meal boxes were delivered in December. Save these shelf stable meals in the event that volunteers cannot deliver due to bad weather or other unforeseen circumstances. Please DO NOT eat these meals unless you are instructed to do so. If you did not receive a box, please call **469-731-4866**.



- 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.
- Are you a veteran in need of someone to talk to? Call dial 988, then press 1.
- Enjoying your meals? Send comments to **paynea@mealsonwheelscc.org**

Menu

Created by our
Licensed Dietitian

January

2024



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 HAPPY NEW YEAR! Meals on Wheels is closed today. Please eat the meal that was previously sent.</p>	<p>2 Breaded Steak w/ Pepper Gravy, Winter Blend Veggies Warm Cinnamon Peaches, Lorna Doone Cookie, 2% Milk Quart Calories: 695 Carbs: 88g Fat: 20g Protein: 32g Sodium: 1034mg</p>	<p>3 Brunswick Stew Cornbread Stuffing Collard Greens Pudding Cup Calories: 636 Carbs: 70g Fat: 24g Protein: 35g Sodium: 900mg</p>	<p>4 Beef Swiss Steak Roasted Potatoes Herbed Peas Graham Crackers Applesauce Cup Calories: 652 Carbs: 76g Fat: 23g Protein: 37g Sodium: 1044mg</p>	<p>5 Chili Cornbread Green Beans Yogurt Calories: 680 Carbs: 80g Fat: 27g Protein: 30g Sodium: 911mg</p>
<p>8 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>9 Vegetable Lasagna Capri Blend Veg Italian Stewed Tomatoes Oatmeal Cream Pie Calories: 620 Carbs: 87g Fat: 17g Protein: 31g Sodium: 1341mg</p>	<p>10 Chicken Pot Pie /w Biscuit Mashed Potatoes Broccoli, Fresh Apple Calories: 640 Carbs: 91g Fat: 12g Protein: 42g Sodium: 765mg</p>	<p>11 Greek Chicken Mixed Vegetables White Beans w/ Rosemary Graham Crackers, Craisins Calories: 675 Carbs: 88g Fat: 15g Protein: 46g Sodium: 444mg</p>	<p>12 BBQ Meatloaf Mashed Potatoes Creamed Corn Applesauce Cup Granola Bar Calories: 668 Carbs: 98g Fat: 20g Protein: 30g Sodium: 1017mg</p>
<p>15 MLK Jr. DAY Meals on Wheels is closed today. Please eat the meal that was previously sent.</p>	<p>16 Cranberry Chicken Herbed Peas, Cheesy Cauliflower, Graham Crackers, Pudding 2% Milk Quart Calories: 639 Carbs: 90g Fat: 17g Protein: 36g Sodium: 1004mg</p>	<p>17 Beef & Pepper Casserole Peas & Carrots Yellow Squash Mixed Fruit Cup Calories: 603 Carbs: 62g Fat: 27g Protein: 29g Sodium: 575mg</p>	<p>18 Chicken Fajitas w/onions & peppers Veggie Brown Rice Seasoned Black Beans Oatmeal Cream Pie Calories: 676 Carbs: 98g Fat: 11g Protein: 47g Sodium: 531mg</p>	<p>19 Tuna Noodle Casserole Lima Beans Baby Carrots w/ dill Oreo Calories: 616 Carbs: 75g Fat: 20g Protein: 33g Sodium: 840mg</p>
<p>22 Chicken Makhani Rice & Lentil Pilaf Zucchini SF Cookie, 2% Milk Quart Calories: 610 Carbs: 65g Fat: 19g Protein: 43g Sodium: 393mg</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 Chicken Gumbo w/ Rice Cornbread Cinnamon Apples Pudding Cup Calories: 602 Carbs: 90g Fat: 12g Protein: 34g Sodium: 970mg</p>	<p>25 Beef Burrito w/ queso Brown Rice Rancho Fiesta Veggies Peach Cup Calories: 709 Carbs: 110g Fat: 18g Protein: 26g Sodium: 884mg</p>	<p>26 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>29 Swedish Beef Meatballs Pumpkin Rice Lima Beans, Craisins 2% Milk Quart Calories: 686 Carbs: 85g Fat: 21g Protein: 40g Sodium: 500mg</p>	<p>30 Green Chili Chicken Stew Chuckwagon Corn Mexican Cornbread Peach Cup Calories: 615 Carbs: 85g Fat: 13g Protein: 43g Sodium: 1000mg</p>	<p>31 Lemon Pepper Tilapia Garlic Lemon Rice Garden Blend Vegetables Fresh Orange Calories: 603 Carbs: 79g Fat: 16g Protein: 38g Sodium: 628mg</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

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.

EMERGENCY MEALS

Shelf stable meals have been provided to clients. Save these for bad weather or other emergencies. **DO NOT EAT** unless instructed to.

deliver.

hope.

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