



DEFROSTING DONE RIGHT: HOW TO KEEP YOUR FOOD SAFE

By Kaitlynn Mason, Kansas State University Student

Did you know there is a right and wrong way to defrost your food? Thawing food safely can help prevent harmful bacteria from growing and keep you healthy.

DO!

- Thaw food in the fridge as it allows for the least amount of time in the Food Danger Zone, where bacteria thrive. Simply place your frozen food on a plate in the fridge overnight or until it's fully thawed.
- Chicken, ground meat, & seafood are good for up to 2 days in the fridge after being thawed
- Larger cuts of beef, pork, lamb, or veal can be kept for up to 5 days
- Quickly defrost meat by placing them in a sealed bag under cold running water or using the microwave (just make sure to cook it immediately after).
- Wash your hands with soap & water for at least 20 seconds after handling raw meat to avoid spreading harmful bacteria to other foods and surfaces.
- Wash any utensils, cutting boards, and countertops that touch raw meat.

DON'T!

- Thaw food on the counter at room temperature. This can cause the food to stay in the Danger Zone for too long, allowing bacteria to grow quickly.

IMPORTANT DATES

Friday, April 18th: MOWCC is closed for Good Friday. Please eat one of your emergency meals on this day.

EMERGENCY FOOD BOXES

Save these meals in the event that MOWCC cannot deliver and DO NOT EAT unless you are instructed to by MOWCC. If you have not received an emergency meal box, please call Client Services at 972-562-6996.

Meal Delivery is from 9:30AM-2PM Monday-Friday. If you do not receive your meal by 1:15 please call 972-632-3136

Menu

Created by our
Licensed Dietitian

April

2025



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.

ALLERGY WARNING

MOWCC is not an
allergen free kitchen.
Menu items may contain
or come into contact with
food allergens. If you have
food allergies or
intolerances, please
contact us.

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|--|
| 1 Breaded Cod Mashed Sweet Potatoes Okra & Tomatoes Tartar Sauce, Pear Cup Calories: 634 Carbs: 82 Fat: 19g Protein: 35g Sodium: 962mg | 2 Beef Chili Mac Peas & Pearl Onions Capri Vegetables Fig Bar Calories: 682 Carbs: 93 Fat: 21g Protein: 32g Sodium: 789mg | 3 Baked Chicken & Mushrooms Peas & Carrots, Rice Chocolate Chip Cookies Calories: 763 Carbs: 102g Fat: 26g Protein: 37g Sodium: 848mg | 4 Steakburger w/ cheese Tater Tots Baked Beans Hamburger Bun, Mustard, Pudding Cup Calories: 975 Carbs: 100 Fat: 45g Protein: 41g Sodium: 1400mg | 11 Chili Cornbread Green Beans Yogurt Calories: 680 Carbs: 80g Fat: 27g Protein: 30g Sodium: 911mg |
| 7 Chicken Spaghetti Brussel Sprouts Italian Vegetables Granola Bar 2% Milk Quart Calories: 611 Carbs: 67g Fat: 18g Protein: 46g Sodium: 523mg | 8 Breaded Steak w/ Pepper Gravy, Winter Blend Veggies Warm Cinnamon Peaches Lorna Doone Cookie Calories: 695 Carbs: 88g Fat: 20g Protein: 32g Sodium: 1034mg | 9 Brunswick Stew Cornbread Stuffing Collard Greens Pudding Cup Calories: 636 Carbs: 70g Fat: 24g Protein: 35g Sodium: 900mg | 10 Beef Swiss Steak Roasted Potatoes Herbed Peas Graham Crackers Applesauce Cup Calories: 652 Carbs: 76g Fat: 23g Protein: 37g Sodium: 1044mg | 18 GOOD FRIDAY Meals on Wheels is closed today. Please eat the meal that was previously sent. |
| 14 Teriyaki Chicken Breast Brown Rice Asian Blend Veggies Fig Bar, 2% Milk Quart Calories: 669 Carbs: 95g Fat: 13g Protein: 43g Sodium: 580mg | 15 Vegetable Lasagna Capri Blend Veg Italian Stewed Tomatoes Oatmeal Cream Pie 2% Milk Quart Calories: 620 Carbs: 87g Fat: 17g Protein: 31g Sodium: 1341mg | 16 Chicken Pot Pie w/ Biscuit Mashed Potatoes Broccoli, Fresh Apple Calories: 640 Carbs: 91g Fat: 12g Protein: 42g Sodium: 765mg | 17 Greek Chicken Mixed Vegetables White Beans w/ Rosemary Graham Crackers, Craisins Calories: 675 Carbs: 88g Fat: 15g Protein: 46g Sodium: 444mg | 25 Tuna Noodle Casserole Lima Beans Carrots w/ dill Oreo Calories: 616 Carbs: 75g Fat: 20g Protein: 33g Sodium: 840mg |
| 21 Swedish Beef Meatballs Pumpkin Rice Lima Beans, Craisins 2% Milk Quart Calories: 686 Carbs: 85g Fat: 21g Protein: 40g Sodium: 500mg | 22 Cranberry Chicken Herbed Peas, Cheesy Cauliflower, Graham Crackers, Pudding Calories: 639 Carbs: 90g Fat: 17g Protein: 36g Sodium: 1004mg | 23 Beef & Pepper Casserole Peas & Carrots Yellow Squash Mixed Fruit Cup Calories: 603 Carbs: 62g Fat: 27g Protein: 29g Sodium: 575mg | 24 Chicken Fajitas w/onions & peppers Veggie Brown Rice Seasoned Black Beans Oatmeal Cream Pie Calories: 676 Carbs: 98g Fat: 11g Protein: 47g Sodium: 531mg | EMERGENCY MEALS Save these shelf stable meals for bad weather or other emergencies. DO NOT EAT unless instructed to. |
| 28 Chicken Fried Rice Broccoli Gingered Beets Cookie, 2% Milk Quart Calories: 603 Carbs: 72g Fat: 18g Protein: 39g Sodium: 622mg | 29 Salisbury Steak w/ LS Gravy, Macaroni & Cheese, Garden Blend Veggies, Applesauce Calories: 695 Carbs: 73g Fat: 28g Protein: 40g Sodium: 842mg | 30 Chicken Gumbo w/ Rice Cornbread Cinnamon Apples Pudding Cup Calories: 602 Carbs: 90g Fat: 12g Protein: 34g Sodium: 970mg | SF: indicates a sugar-free item when available. LS: low sodium product | |

delivered.

hope.

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Coloring Corner



History of the Easter Egg

Summarized from "Easter Eggs: What Is the History Behind This Tradition?"

By: Jennifer Rogers

Easter eggs have deep symbolism rooted in early Christianity and its traditions. Initially, eggs represented fertility and rebirth in pagan cultures, but for early Christians, they symbolized the resurrection of Jesus Christ. The hard shell of the egg represented Jesus' sealed tomb, and cracking the egg symbolized His resurrection.

During the Paschal vigil on Holy Saturday, early Christians would receive blessed Easter eggs after a service of Scripture reading, candle lighting, and baptisms. This service marks the end of Lent, a period when Christians abstained from eggs and meat. Thus, Easter eggs were the first food they could eat after the fasting period.

The tradition of dyeing eggs began with early Christians in Mesopotamia, who dyed eggs red to represent the blood of Christ. Over time, various colors were used to represent different aspects of the Easter story. The tradition of hiding eggs, which can be traced back to Martin Luther, served as an educational tool for children to learn about Easter. Modern Easter egg hunts continue this practice, with eggs often containing surprises to bring joy to children.

Other traditions include the White House Easter Egg Roll, a symbolic reenactment of the stone rolling away from Christ's tomb, and egg tapping, a competitive game with hard-boiled eggs. These traditions, originating from early Christianity, provide meaningful ways to teach children about Easter.

MOWCC UPDATES/REMINDERS

TRANSPORTATION RESOURCES

Collin County Transit

Residents of Celina, Lowry Crossing, McKinney, Melissa, Princeton, Prosper
469-771-0667

Collin County Rides For Residents of Allen and Fairview

940-243-0077

DART Rides For Residents of Plano and Dallas

214-515-7272

Need Minor Home Maintenance or Repairs?

McKinney Residents call Senior Handyman Services at 469-396-7042

Plano Residents call Plain-O-Helpers at 469-366-4286

Frisco Residents call Frisco Helpers at 214-973-14

