

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY																																																												
JANUARY HAPPY NEW YEAR 1 NEW YEAR'S DAY GRAY GOURMET CLOSED	2 KIELBASA VEGETABLE MASH SEASONED GREEN BEANS FRUIT COCKTAIL RYE BREAD <table border="1"> <tr> <td>Cal:</td><td>925</td> <td>Carb:</td><td>95 g</td> <td>Sod:</td><td>1161 mg</td> </tr> <tr> <td>Fat:</td><td>50 g</td> <td>Fiber:</td><td>11 g</td> <td>Pro:</td><td>27 g</td> </tr> </table>	Cal:	925	Carb:	95 g	Sod:	1161 mg	Fat:	50 g	Fiber:	11 g	Pro:	27 g	3 STUFFED BELL PEPPER LAYERED SALAD CAULIFLOWER PEACHES CHOCOLATE PUDDING WHEAT BREAD <table border="1"> <tr> <td>Cal:</td><td>719</td> <td>Carb:</td><td>98 g</td> <td>Sod:</td><td>743 mg</td> </tr> <tr> <td>Fat:</td><td>23 g</td> <td>Fiber:</td><td>10 g</td> <td>Pro:</td><td>33 g</td> </tr> </table>	Cal:	719	Carb:	98 g	Sod:	743 mg	Fat:	23 g	Fiber:	10 g	Pro:	33 g	4 FISH CREOLE STEAMED BROWN RICE MARINATED CARROTS SPINACH FRUIT SALAD PINEAPPLE UPSIDE DOWN CAKE WHEAT BREAD <table border="1"> <tr> <td>Cal:</td><td>772</td> <td>Carb:</td><td>121 g</td> <td>Sod:</td><td>673 mg</td> </tr> <tr> <td>Fat:</td><td>26 g</td> <td>Fiber:</td><td>11 g</td> <td>Pro:</td><td>20 g</td> </tr> </table>	Cal:	772	Carb:	121 g	Sod:	673 mg	Fat:	26 g	Fiber:	11 g	Pro:	20 g																									
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7 CHICKEN PARMESAN with SAUCE ITALIAN BEAN BLEND HERBED FETTUCCINE SPINACH & EGG SALAD APRICOTS ITALIAN BREAD <table border="1"> <tr> <td>Cal:</td><td>904</td> <td>Carb:</td><td>89 g</td> <td>Sod:</td><td>804 mg</td> </tr> <tr> <td>Fat:</td><td>40 g</td> <td>Fiber:</td><td>11 g</td> <td>Pro:</td><td>50 g</td> </tr> </table>	Cal:	904	Carb:	89 g	Sod:	804 mg	Fat:	40 g	Fiber:	11 g	Pro:	50 g	8 BAKED POTATO with CHEESE & BROCCOLI TOSSED SALAD BLUSHING PEARS WHEAT BREAD <table border="1"> <tr> <td>Cal:</td><td>694</td> <td>Carb:</td><td>107 g</td> <td>Sod:</td><td>1173 mg</td> </tr> <tr> <td>Fat:</td><td>20 g</td> <td>Fiber:</td><td>11 g</td> <td>Pro:</td><td>28 g</td> </tr> </table>	Cal:	694	Carb:	107 g	Sod:	1173 mg	Fat:	20 g	Fiber:	11 g	Pro:	28 g	9 BLACK EYED PEA & SAUSAGE SOUP BRUSSEL SPROUTS ORANGE LEMON CHERRY CUSTARD CAKE WHOLE WHEAT TORTILLA <table border="1"> <tr> <td>Cal:</td><td>818</td> <td>Carb:</td><td>108 g</td> <td>Sod:</td><td>855 mg</td> </tr> <tr> <td>Fat:</td><td>25 g</td> <td>Fiber:</td><td>18 g</td> <td>Pro:</td><td>44 g</td> </tr> </table>	Cal:	818	Carb:	108 g	Sod:	855 mg	Fat:	25 g	Fiber:	18 g	Pro:	44 g	10 CHICKEN FRIED STEAK & GRAVY MASHED POTATOES BROCCOLI STRAWBERRY SHORTCAKE DINNER ROLL <table border="1"> <tr> <td>Cal:</td><td>1210</td> <td>Carb:</td><td>134 g</td> <td>Sod:</td><td>1272 mg</td> </tr> <tr> <td>Fat:</td><td>56 g</td> <td>Fiber:</td><td>9 g</td> <td>Pro:</td><td>44 g</td> </tr> </table>	Cal:	1210	Carb:	134 g	Sod:	1272 mg	Fat:	56 g	Fiber:	9 g	Pro:	44 g	11 TURKEY TETRAZZINI CALIFORNIA VEGETABLES APPLESAUCE WALDORF SALAD MULTIGRAIN BREAD <table border="1"> <tr> <td>Cal:</td><td>671</td> <td>Carb:</td><td>95 g</td> <td>Sod:</td><td>730 mg</td> </tr> <tr> <td>Fat:</td><td>16 g</td> <td>Fiber:</td><td>10 g</td> <td>Pro:</td><td>40 g</td> </tr> </table>	Cal:	671	Carb:	95 g	Sod:	730 mg	Fat:	16 g	Fiber:	10 g	Pro:	40 g
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28 BAKED CHICKEN ESCALLOPED POTATOES with MUSHROOM SAUCE BROCCOLI with CHEESE SAUCE STRAWBERRIES WHEAT BREAD <table border="1"> <tr> <td>Cal:</td><td>796</td> <td>Carb:</td><td>68 g</td> <td>Sod:</td><td>831 mg</td> </tr> <tr> <td>Fat:</td><td>36 g</td> <td>Fiber:</td><td>6 g</td> <td>Pro:</td><td>53 g</td> </tr> </table>	Cal:	796	Carb:	68 g	Sod:	831 mg	Fat:	36 g	Fiber:	6 g	Pro:	53 g	29 BEEF CHILI RED CABBAGE SALAD APRICOTS CORNBREAD CHOCOLATE CHIP COOKIE <table border="1"> <tr> <td>Cal:</td><td>796</td> <td>Carb:</td><td>108 g</td> <td>Sod:</td><td>863 mg</td> </tr> <tr> <td>Fat:</td><td>27 g</td> <td>Fiber:</td><td>12 g</td> <td>Pro:</td><td>32 g</td> </tr> </table>	Cal:	796	Carb:	108 g	Sod:	863 mg	Fat:	27 g	Fiber:	12 g	Pro:	32 g	30 LEMON-BAKED FISH RICE PILAF BUTTERNUT SQUASH PINEAPPLE CHERRY POUND CAKE MULTIGRAIN BREAD <table border="1"> <tr> <td>Cal:</td><td>924</td> <td>Carb:</td><td>133 g</td> <td>Sod:</td><td>677 mg</td> </tr> <tr> <td>Fat:</td><td>27 g</td> <td>Fiber:</td><td>10 g</td> <td>Pro:</td><td>41 g</td> </tr> </table>	Cal:	924	Carb:	133 g	Sod:	677 mg	Fat:	27 g	Fiber:	10 g	Pro:	41 g	31 MEATLOAF & GRAVY SUCCOTASH OVEN-BROWNEED POTATOES CARROTS & CELERY BRAN MUFFIN <table border="1"> <tr> <td>Cal:</td><td>1079</td> <td>Carb:</td><td>129 g</td> <td>Sod:</td><td>1132 mg</td> </tr> <tr> <td>Fat:</td><td>41 g</td> <td>Fiber:</td><td>15 g</td> <td>Pro:</td><td>55 g</td> </tr> </table>	Cal:	1079	Carb:	129 g	Sod:	1132 mg	Fat:	41 g	Fiber:	15 g	Pro:	55 g													
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Home Delivery Customers

Meals Delivered Between 10:30 a.m. and 12:30 p.m. Call 243-9844 ext. 5 if you need to make a change in your service. If you have not received your meal by 12:45 p.m., call the number above.



Dining Sites

Meals are served at 12 Noon on the days listed below:

- Senior Recreation Center-550 Ouray Ave. G.Jct. (M,Tu,W,F)
- Monterey Park Apts.-999 Bookcliff Ave., G.Jct. (M-F)
- Ratekin Tower Apts.-875 Main St., G.Jct. (M-F)
- Grand View Apts.-1501 N 1st St, G. Jct. (M,Tu,W,Th)
- Fruita Community Center-324 N. Coulson, Fruita (M,Tu,W,F)
- Clifton Community Hall-126 2nd St, Clifton (M,W,Th,F)
- Mesa Community Center-48973 KE Rd., Mesa (Tue)
- Palisade Community Center-120 W. 8th St., Palisade (Tue)
- Collbran Congregational Church-2003 High St., Collbran (Wed)

Reservations & cancellations are required at least one day in advance - no later than 4:00 the business day before.
 Call on Friday for Monday reservation. 243-9844

"Youth is when you're allowed to stay up late on New Year's Eve. Middle age is when you're forced to!"



William "Bill" Vaughn
 (pseudonym, Burton Hillis) Author & Columnist
 (1915-1977)

HOME DELIVERY CUSTOMERS: We have found a new frozen meal distributor in hopes of fixing some issues we have had receiving our frozen meals for our weekend customers. We've received excellent feedback from you about the taste and quality of these new meals. One major difference is that they come in packs of five, rather than two. This means clients will receive a delivery every *other* week, with an off week every third delivery.

You will have to save three meals in your freezer with each delivery, and only eat them on the weekend when you don't receive a box. The weeks are marked on the menu as **blue** and **orange**. We will keep track on our end to be sure you are getting the meals you should.

MEALS INCLUDE 1% MILK

\$3.50 is the suggested donation for age 60+.

Cost for under age of 60 is \$11.00.

What is in the mixed vegetables?

Italian Bean Blend - broccoli, cauliflower, carrots, green beans, lima beans, red peppers

California - broccoli, cauliflower, carrots

Emperors Stir Fry - broccoli, baby corn, water chestnuts, pearl onions, carrots, bamboo shoots

Scandinavian - peas, zucchini, carrots, green beans

Chuck Wagon - corn, green peppers, red peppers, onions

4-Way - green beans, corn, carrots, peas



This food and health information is from Gray Gourmet's dietitian:

Holly, our dietitian, monitors our compliance with state guidelines for key nutrients such as vitamin C, sodium, calcium, fiber, and more. Please call [243-9844](tel:243-9844) ext. 6 for nutrition questions or for nutrition counseling services. Her assistance is free.

New Year Good Luck



Black eyed peas have always been associated with good luck when eaten on the first day of the year. Historically, black eyed peas were given to the poor and rarely eaten by the rich. During the Civil War, the Union soldiers would often raid the Confederate food supply, but almost always left black eyed peas behind. This became good luck for the Confederate army as the peas were used as a primary food source. Additionally, slaves relied upon the black eyed peas for both calories and protein. When their freedom came on January 1, 1863; black eyed peas were used in celebration and again became a symbol of luck.

Nutritionally, black eyed peas are rich in fiber and helps to lower cholesterol. They are a good source of folate, potassium, copper, phosphorous, and manganese which helps with heart disease and digestion. Black eyed peas also help lower blood pressure. They contain B vitamins, vitamin E, and iron. Black eyed peas are an economic well-balanced food that will help curb hunger, provide essential calories, and protein; and can help control many different disease processes. So, enjoy your black eyed peas and GOOD LUCK in the new year!

“Wurple Strumpet”

A tradition around my house growing up for birthdays was that you got to pick whatever you wanted to have for dinner. In a house of four kids and two working parents, having a special dinner was a very big deal. What I picked without fail was “wurple strumpet”. My father was born in the Netherlands and immigrated here when he was around 9. Many of the Dutch traditions and foods were lost in my family’s zest to become Americanized. One thing that was not lost though was wiener schnitzel and stamppot. It was the one Dutch dinner that my dad would regularly make it and I loved it! When I was little I couldn’t pronounce it and started calling it “wurple strumpet” instead. My whole family still calls it that.



Stamppot is simply roughly mashed potatoes with vegetables mixed in, that’s traditionally served with rookwurst sausage-however my family always made it with schnitzel. I’m going to switch the birthday tradition around and share one of my favorites with you! I hope you enjoy this delicious and healthy comfort food as much as I do!

- Amanda de Bock, Program Manager

Weather Closures



Turn on your television. MOW MC will announce an emergency closure of our dining sites and home-delivered meals. The decision is made based on the weather forecast, road conditions, and our desire to keep our volunteers safe at all times. Tune into a local TV station – KREX (channel 5), KJCT (channel 8), or KKCO (channel 11) – and watch for our announcement. If we are closed for the day, the morning news teams will communicate the message. **If schools are closed, we will be closed as well.** This would be an appropriate time to open your emergency food box.

graygourmet.org



Follow us on Facebook for the latest Gray Gourmet news.



MEALS on WHEELS

MESA COUNTY



JANUARY 2019 “What’s cooking with senior nutrition in Mesa County!”

The Scoop

Brand new name, same great service!

Starting in January, Gray Gourmet will officially adopt a new brand and logo and our name will be **Meals on Wheels Mesa County**. This change has been a long time coming, and everyone involved with the program is extremely excited! The name Gray Gourmet has meant a lot to this program and our community, but times are changing and we must change with them. When saying our new name everyone will immediately know who we are and what we do. We’ll also be able to take advantage of national brand recognition and advertising opportunities by leveraging our membership with Meals on Wheels America, as well as millions of dollars of research and development that go into creating a professional looking logo and brand.

Everything you’ve come to know and love about this program will remain the same - the only thing that is changing is our name and logo. We’ve been members of Meals on Wheels America for over 10 years. We will continue to run this program independently with guidance from the State Unit on Aging. **As has always been the case any money that we raise or is donated to us remains right here with us.** St. Mary’s hospital is still our partner and sponsor organization. You will sometimes see our name shortened to MOW Mesa County, MOW MC or simply MOW.



“Your success and happiness lies in you. Resolve to keep happy, and your joy and you shall form an invincible host against difficulties.”

-Helen Keller

Some of you may have received the gift of a placemat delivered along with your meal in December. Monument Quilters was gracious enough to make placemats for us. If you would like to send a Thank You in to our office, we will forward it to the quilting group. We appreciate the generosity, time, and thoughtfulness from this club.

Wishing you and yours a Healthy and Happy New Year!