


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY																																																												
MARCH			SUNDAY, MARCH 10 DAYLIGHT SAVINGS!!! 																																																													
4 PORK CHOP SUEY EDAMAME WHITE RICE BLUSHING PEARS WHEAT BREAD <table border="1"> <tr><td>Cal:</td><td>968</td><td>Carb:</td><td>120 g</td><td>Sod:</td><td>1191 mg</td></tr> <tr><td>Fat:</td><td>31 g</td><td>Fiber:</td><td>15 g</td><td>Pro:</td><td>57 g</td></tr> </table>	Cal:	968	Carb:	120 g	Sod:	1191 mg	Fat:	31 g	Fiber:	15 g	Pro:	57 g	5 SALISBURY STEAK & MUSHROOM GRAVY MASHED POTATOES MARINATED GREEN BEAN SALAD CITRUS FRUIT MIX MULTIGRAIN BREAD CEREAL BAR <table border="1"> <tr><td>Cal:</td><td>845</td><td>Carb:</td><td>104 g</td><td>Sod:</td><td>1069 mg</td></tr> <tr><td>Fat:</td><td>31 g</td><td>Fiber:</td><td>10 g</td><td>Pro:</td><td>38 g</td></tr> </table>	Cal:	845	Carb:	104 g	Sod:	1069 mg	Fat:	31 g	Fiber:	10 g	Pro:	38 g	6 CHEF SALAD SPICED APPLES WHEAT CRACKERS <table border="1"> <tr><td>Cal:</td><td>785</td><td>Carb:</td><td>78 g</td><td>Sod:</td><td>1152 mg</td></tr> <tr><td>Fat:</td><td>37 g</td><td>Fiber:</td><td>11 g</td><td>Pro:</td><td>41 g</td></tr> </table>	Cal:	785	Carb:	78 g	Sod:	1152 mg	Fat:	37 g	Fiber:	11 g	Pro:	41 g	7 CHICKEN & RICE CASSEROLE BROCCOLI with CHEDDAR KIWI BANANA PUDDING WHEAT BREAD <table border="1"> <tr><td>Cal:</td><td>1014</td><td>Carb:</td><td>112 g</td><td>Sod:</td><td>977 mg</td></tr> <tr><td>Fat:</td><td>44 g</td><td>Fiber:</td><td>10 g</td><td>Pro:</td><td>454 g</td></tr> </table>	Cal:	1014	Carb:	112 g	Sod:	977 mg	Fat:	44 g	Fiber:	10 g	Pro:	454 g	1 VEGETABLE LASAGNA BRUSSEL SPROUTS TOSSED SALAD SPICED PLUMS ITALIAN BREAD <table border="1"> <tr><td>Cal:</td><td>598</td><td>Carb:</td><td>85 g</td><td>Sod:</td><td>627 mg</td></tr> <tr><td>Fat:</td><td>17 g</td><td>Fiber:</td><td>11 g</td><td>Pro:</td><td>32 g</td></tr> </table>	Cal:	598	Carb:	85 g	Sod:	627 mg	Fat:	17 g	Fiber:	11 g	Pro:	32 g
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11 CHICKEN with PARMESAN SAUCE FETTUCCHINE PARMESAN NOODLES ITALIAN BEAN VEGETABLES SPINACH & EGG SALAD APPLE DINNER ROLL <table border="1"> <tr><td>Cal:</td><td>928</td><td>Carb:</td><td>119 g</td><td>Sod:</td><td>609 mg</td></tr> <tr><td>Fat:</td><td>27 g</td><td>Fiber:</td><td>13 g</td><td>Pro:</td><td>54 g</td></tr> </table>	Cal:	928	Carb:	119 g	Sod:	609 mg	Fat:	27 g	Fiber:	13 g	Pro:	54 g	12 STUFFED BELL PEPPER FRENCH ONION BAKE THREE BEAN SALAD PINEAPPLE SLICES OAT BRAN MUFFIN <table border="1"> <tr><td>Cal:</td><td>967</td><td>Carb:</td><td>141 g</td><td>Sod:</td><td>1186 mg</td></tr> <tr><td>Fat:</td><td>32 g</td><td>Fiber:</td><td>16 g</td><td>Pro:</td><td>37 g</td></tr> </table>	Cal:	967	Carb:	141 g	Sod:	1186 mg	Fat:	32 g	Fiber:	16 g	Pro:	37 g	13 PULLED PORK ON A BUN RANCH STYLE BEANS POTATO SALAD PINEAPPLE ORANGE FLUFF <table border="1"> <tr><td>Cal:</td><td>806</td><td>Carb:</td><td>113 g</td><td>Sod:</td><td>1015 mg</td></tr> <tr><td>Fat:</td><td>24 g</td><td>Fiber:</td><td>15 g</td><td>Pro:</td><td>38 g</td></tr> </table>	Cal:	806	Carb:	113 g	Sod:	1015 mg	Fat:	24 g	Fiber:	15 g	Pro:	38 g	14 FISH with ORANGE SAUCE BROWN FRIED RICE ASIAN BROCCOLI SALAD ORANGE FIG NEWTON WHEAT BREAD <table border="1"> <tr><td>Cal:</td><td>687</td><td>Carb:</td><td>103 g</td><td>Sod:</td><td>835 mg</td></tr> <tr><td>Fat:</td><td>13 g</td><td>Fiber:</td><td>11 g</td><td>Pro:</td><td>42 g</td></tr> </table>	Cal:	687	Carb:	103 g	Sod:	835 mg	Fat:	13 g	Fiber:	11 g	Pro:	42 g	8 GARDEN VEGETABLE SOUP MOZZARELLA CHEESE SPINACH MANDARIN ORANGE SALAD WHEAT TORTILLA CHOCOLATE CHIP COOKIE <table border="1"> <tr><td>Cal:</td><td>671</td><td>Carb:</td><td>79 g</td><td>Sod:</td><td>1085 mg</td></tr> <tr><td>Fat:</td><td>25 g</td><td>Fiber:</td><td>11 g</td><td>Pro:</td><td>34 g</td></tr> </table>	Cal:	671	Carb:	79 g	Sod:	1085 mg	Fat:	25 g	Fiber:	11 g	Pro:	34 g
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18 AMERICAN GOULASH STEAMED CARROTS APPLESAUCE WALDORF SALAD WHEAT BREAD WACKY CAKE <table border="1"> <tr><td>Cal:</td><td>1188</td><td>Carb:</td><td>169 g</td><td>Sod:</td><td>719 mg</td></tr> <tr><td>Fat:</td><td>32 g</td><td>Fiber:</td><td>15 g</td><td>Pro:</td><td>58 g</td></tr> </table>	Cal:	1188	Carb:	169 g	Sod:	719 mg	Fat:	32 g	Fiber:	15 g	Pro:	58 g	19 CORNER BEEF & CABBAGE OVEN-BROWNED POTATOES EMERALD ISLE GELATIN RYE BREAD BROWNIE with MINT FROSTING <table border="1"> <tr><td>Cal:</td><td>1041</td><td>Carb:</td><td>132 g</td><td>Sod:</td><td>1268 mg</td></tr> <tr><td>Fat:</td><td>43 g</td><td>Fiber:</td><td>8 g</td><td>Pro:</td><td>40 g</td></tr> </table>	Cal:	1041	Carb:	132 g	Sod:	1268 mg	Fat:	43 g	Fiber:	8 g	Pro:	40 g	20 OVEN-FRIED CHICKEN MASHED POTATOES CREAM GRAVY RED CABBAGE SALAD STRAWBERRIES MULTIGRAIN BREAD <table border="1"> <tr><td>Cal:</td><td>663</td><td>Carb:</td><td>71 g</td><td>Sod:</td><td>871 mg</td></tr> <tr><td>Fat:</td><td>21 g</td><td>Fiber:</td><td>10 g</td><td>Pro:</td><td>48 g</td></tr> </table>	Cal:	663	Carb:	71 g	Sod:	871 mg	Fat:	21 g	Fiber:	10 g	Pro:	48 g	21 MEALS ON WHEELS CLOSED FOR PLUMBING REPAIRS	22 MEALS ON WHEELS CLOSED FOR PLUMBING REPAIRS																								
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25 TURKEY A LA KING ON A BISCUIT ISLAND VEGETABLES VEGETABLE PATCH SALAD APPLE VANILLA PUDDING <table border="1"> <tr><td>Cal:</td><td>807</td><td>Carb:</td><td>118 g</td><td>Sod:</td><td>790 mg</td></tr> <tr><td>Fat:</td><td>19 g</td><td>Fiber:</td><td>11 g</td><td>Pro:</td><td>44 g</td></tr> </table>	Cal:	807	Carb:	118 g	Sod:	790 mg	Fat:	19 g	Fiber:	11 g	Pro:	44 g	26 BLACK EYED PEA & SAUSAGE SOUP BRUSSEL SPROUTS ORANGE WHEAT TORTILLA LEMON CHERRY CUSTARD CAKE <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	27 BEEF TATER TOT CASSEROLE BLACK BEANS CARROT RAISIN SALAD GRAPEFRUIT WHEAT BREAD <table border="1"> <tr><td>Cal:</td><td>874</td><td>Carb:</td><td>100 g</td><td>Sod:</td><td>1168 mg</td></tr> <tr><td>Fat:</td><td>36 g</td><td>Fiber:</td><td>14 g</td><td>Pro:</td><td>40 g</td></tr> </table>	Cal:	874	Carb:	100 g	Sod:	1168 mg	Fat:	36 g	Fiber:	14 g	Pro:	40 g	28 CHICKEN CORDON BLEU RICE PILAF SPINACH MIXED BERRIES WHEAT BREAD <table border="1"> <tr><td>Cal:</td><td>626</td><td>Carb:</td><td>57 g</td><td>Sod:</td><td>821 mg</td></tr> <tr><td>Fat:</td><td>25 g</td><td>Fiber:</td><td>10 g</td><td>Pro:</td><td>49 g</td></tr> </table>	Cal:	626	Carb:	57 g	Sod:	821 mg	Fat:	25 g	Fiber:	10 g	Pro:	49 g	29 MACARONI & CHEESE 5-WAY VEGETABLE BROCCOLI WALNUT RAISIN SALAD PINEAPPLE MANDARIN ORANGE COMPOTE MULTIGRAIN BREAD <table border="1"> <tr><td>Cal:</td><td>694</td><td>Carb:</td><td>101 g</td><td>Sod:</td><td>991 mg</td></tr> <tr><td>Fat:</td><td>21 g</td><td>Fiber:</td><td>12 g</td><td>Pro:</td><td>29 g</td></tr> </table>	Cal:	694	Carb:	101 g	Sod:	991 mg	Fat:	21 g	Fiber:	12 g	Pro:	29 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**

“I see the world with Irish eyes, and they are smiling.”



Denise Morrison
 Former President and
 CEO of Campbell Soup
 Company
 (1954 -)

HOME DELIVERY CUSTOMERS: Some customers do receive frozen meals for the weekends. Last summer we changed to a new distributor for these meals. We received feedback from customers stating that the taste and quality of the new meals was much better.

You will note that these meals come in packs of 5 rather than 2. This means clients receive a delivery every 2 to 3 weeks. We are keeping track here as to when it is time for you to receive your next box of frozen. Just be sure to eat only one meal on Saturday and one on Sunday, and you should have enough each weekend.

There are times when the delivery truck has not arrived in time, and we won't have meals to send. However we continue to keep track of who needs meals. Please call with any questions 243-9844 ext. 5.

**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

Island - carrots, green beans, broccoli, red peppers

5-Way - carrots, peas, corn, green beans, lima beans

This food and health information is from Meals on Wheel MC 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.



Eating New Foods



With St. Patrick's Day approaching we can look forward to trying ethnic foods that perhaps not all of us are accustomed. Traditionally, Irish foods eaten on St. Patrick's Day include corned beef and cabbage, lamb stew, shepherd's pie, and Irish soda bread. Green foods are also fun to incorporate into our diet on that day, if for no other reason than to show our "Irish spirit."

Eating ethnic foods is a great way to introduce ourselves to new flavors, new foods, and new aromas. It's also a great way to change up our normal eating habits. You never know when a new food could become part of your normal routine. There are several other benefits to trying new foods. Variety improves health. It helps meet all those requirements our bodies need to function each day. We can set a great example for our families, especially school-aged children. Trying new foods encourages involvement and excitement for upcoming meals. As the year moves on, look for reasons to try new foods and broaden those taste buds!



Visit our website: mealsonwheelsmesacounty.org



Follow us on Facebook for the latest Meals on Wheels MC news.



MEALS on WHEELS
MESA COUNTY



March 2019 "What's cooking with senior nutrition in Mesa County!"

The Scoop

MARCH PRESENTATIONS AT MEALS ON WHEELS MC DINING SITES



Senior Recreation Center – Wednesday, March 13 – Dog agility presentation by Meals on Wheels volunteer, Nancy Schmidt. **Lunch reservations needed by 4:00 p.m., Monday, March 11 - call 243-9844.**

Clifton Hall – Friday, March 29. – Dog agility presentation by Meals on Wheels volunteer, Nancy Schmidt. **Lunch reservations needed by 4:00 p.m., Wednesday, March 27—call 243-9844.**

Meals on Wheels will be Closed March 21 and 22

Due to plumbing issues that need to be fixed, Meals on Wheels will be closed on Thursday, March 21st and Friday, March 22nd.

At this time we ask our Home Delivered Meals clients to utilize their emergency food boxes that were delivered in October and November. If you were placed on the program after November and if you need help during the time of the closure, please call us to let us know (243-9844 ext. 5).

Please be advised that it's possible these dates might change, and that the menu on the dates surrounding this fix might be affected as well.