


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY																																																												
<b>1 SPAGHETTI &amp; MEATBALLS</b> ITALIAN VEGETABLES TOSSED SALAD PEACHES & WHIPPED CREAM ITALIAN BREAD  <table border="1"> <tr><td>Cal:</td><td>676</td><td>Carb:</td><td>99 g</td><td>Sod:</td><td>790 mg</td></tr> <tr><td>Fat:</td><td>19 g</td><td>Fiber:</td><td>10 g</td><td>Pro:</td><td>30 g</td></tr> </table>	Cal:	676	Carb:	99 g	Sod:	790 mg	Fat:	19 g	Fiber:	10 g	Pro:	30 g	<b>2 GRILLED CHICKEN</b> LEMON BASIL FETTUCCINI ASPARAGUS FRUIT MIX MULTIGRAIN BREAD  <table border="1"> <tr><td>Cal:</td><td>833</td><td>Carb:</td><td>86 g</td><td>Sod:</td><td>686 mg</td></tr> <tr><td>Fat:</td><td>28 g</td><td>Fiber:</td><td>10 g</td><td>Pro:</td><td>63 g</td></tr> </table>	Cal:	833	Carb:	86 g	Sod:	686 mg	Fat:	28 g	Fiber:	10 g	Pro:	63 g	<b>3 BEEF STROGANOFF over POTATOES</b> SCANDINAVIAN VEGETABLES COLESLAW ORANGE YOGURT GELATIN CHEESE BISCUIT  <table border="1"> <tr><td>Cal:</td><td>923</td><td>Carb:</td><td>112 g</td><td>Sod:</td><td>998 mg</td></tr> <tr><td>Fat:</td><td>36 g</td><td>Fiber:</td><td>10 g</td><td>Pro:</td><td>41 g</td></tr> </table>	Cal:	923	Carb:	112 g	Sod:	998 mg	Fat:	36 g	Fiber:	10 g	Pro:	41 g	<b>4 TURKEY &amp; PROVOLONE ON A BUN</b> CRANBERRY SAUCE SPINACH MANDARIN ORANGE SALAD APPLE CHOCOLATE PUDDING  <table border="1"> <tr><td>Cal:</td><td>751</td><td>Carb:</td><td>120 g</td><td>Sod:</td><td>955 mg</td></tr> <tr><td>Fat:</td><td>18 g</td><td>Fiber:</td><td>11 g</td><td>Pro:</td><td>33 g</td></tr> </table>	Cal:	751	Carb:	120 g	Sod:	955 mg	Fat:	18 g	Fiber:	11 g	Pro:	33 g	<b>5 EGG ROLLS</b> BROWN RICE ORIENTAL VEGETABLES FRUIT AMBROSIA DELUXE FORTUNE COOKIE  <table border="1"> <tr><td>Cal:</td><td>825</td><td>Carb:</td><td>134 g</td><td>Sod:</td><td>884 mg</td></tr> <tr><td>Fat:</td><td>19 g</td><td>Fiber:</td><td>11 g</td><td>Pro:</td><td>34 g</td></tr> </table>	Cal:	825	Carb:	134 g	Sod:	884 mg	Fat:	19 g	Fiber:	11 g	Pro:	34 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 think of the garden after the rain; and hope to my heart comes singing. At morn the cherry-blooms will be white, and the Easter bells be ringing!"*

Edna D. Proctor  
American Author  
(1829-1923)

**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** - zucchini, carrots, cauliflower, Italian green beans, lima beans
- Scandinavian** - peas, zucchini, carrots, green beans
- Oriental** - broccoli, green beans, onions, mushrooms, red peppers
- Island** - carrots, green beans, broccoli, red peppers
- Italian Bean Blend** - broccoli, cauliflower, carrots, green beans, lima beans, red peppers
- California** - broccoli, cauliflower, carrots
- Chateau** - broccoli, cauliflower, carrots, yellow squash, zucchini



**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 ext. 6 for nutrition questions or for nutrition counseling services. Her assistance is free.



**MEALS ON WHEELS**  
MESA COUNTY



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

# The Scoop

## APRIL PRESENTATIONS AT MEALS ON WHEELS MC DINING SITES

### Are you having trouble being more active?

Learn a wide variety of seated/supported ways to move your body. Presented by Donna Wasneski, M.A. Group Fitness Instructor Mesa Fitness, Gold's Clifton, HopeWest Hospice, E-RYT Yoga Teacher [Gentle yoga, Back Care, Office Yoga, Seated Chair Yoga, Pelvic Floor health (Laugh, Sneeze & Leak)]. Presentation starts at 11:30.

**Grand View Apartments** - Thursday, April 4. *Lunch reservations needed by 4:00 p.m., Tuesday, April 2 - call 243-9844.*

**Monterey Park Apartments** - Thursday, April 11. *Lunch reservations needed by 4:00 p.m., Tuesday, April 9 - call 243-9844.*

**Ratekin Towers Apartments** - Thursday, April 18. *Lunch reservations needed by 4:00 p.m., Tuesday, April 16 - call 243-9844.*

**Clifton Hall** - Thursday, April 25. *Lunch reservations needed by 4:00 p.m., Tuesday, April 23 - call 243-9844.*



**Collbran Congregational Church** - Wednesday, April 10. Meals on Wheels MC's registered dietitian, Holly Krouse, will be giving a presentation on "Choosing Healthy Snacks". *Lunch reservations needed by 4:00 p.m., Monday, April 8 - call 243-9844.*

**Palisade Community Center** - Tuesday, April 16. Penny Prinster will be giving a presentation on "Vial of Life", DNR's, and the use of Butterfly Folders. *Lunch reservations needed by 4:00 p.m., Friday, April 12 - call 243-9844.*

## ATTENTION VETERANS



Recently, Meals on Wheels learned of the Quilts of Valor organization. Their mission is to cover service members and veterans touched by war with comforting and healing quilts. If you are a veteran and would like to receive a quilt, please contact Adrienne, Home Delivery Coordinator, at the Meals on Wheels office. There is a request form that can be filled out over the phone. The form does request information including: Branch served, number of years, deployment, and brief information about the veteran's military history, special training, duty assignments, and commendations. Call our office with questions. 243-9844 ext. 5.

## Spring has arrived!



With the change in season, there are a variety of healthy foods popular for Spring meals as well as for the Easter holiday. Many of the foods traditionally eaten around Easter have some good health benefits. Fresh vegetables in season during the Spring months include asparagus, apricots, leafy vegetables, and herbs. These items are high in fiber, vitamins, and minerals. They are known improve mood and help fight cancer.

Coloring Easter eggs is a great way to spend time with the grandkids. But, eggs are also nutritious. Eggs are low in calories and high in protein. They are full of minerals and antioxidants that can improve vision, muscle tone and cell regrowth. Lamb and ham typically eaten at Easter dinner are filled with protein and vitamins. Lamb even contains Omega-3 fatty acids! Be careful to pick low sodium, lean ham if you're planning on serving it for dinner.

Finally, Easter wouldn't be the same without strawberry shortcake for dessert. Strawberries are delicious in the Spring months and help fight high cholesterol, high blood pressure, and chronic disease. Just eight strawberries contain more vitamin C than an orange. Enjoy all the flavors of Spring eating and Happy Easter!

Visit our website: [mealsonwheelsmesacounty.org](http://mealsonwheelsmesacounty.org)



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