


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY																																																												
		<b>1</b> <b>TUNA NOODLE CASSEROLE</b> PEAS & CARROTS VEGETABLE PATCH SALAD CHERRY FLUFF MULTIGRAIN BREAD  <table border="1"> <tr> <td>Cal:</td> <td>817</td> <td>Carb:</td> <td>106 g</td> <td>Sod:</td> <td>869 mg</td> </tr> <tr> <td>Fat:</td> <td>24 g</td> <td>Fiber:</td> <td>10 g</td> <td>Pro:</td> <td>49 g</td> </tr> </table>	Cal:	817	Carb:	106 g	Sod:	869 mg	Fat:	24 g	Fiber:	10 g	Pro:	49 g	<b>2</b> <b>CHICKEN with MUSHROOM SAUCE</b> BAKED POTATO CALIFORNIA VEGETABLES CHOCOLATE PUDDING MULTIGRAIN BREAD  <table border="1"> <tr> <td>Cal:</td> <td>750</td> <td>Carb:</td> <td>102 g</td> <td>Sod:</td> <td>1128 mg</td> </tr> <tr> <td>Fat:</td> <td>20 g</td> <td>Fiber:</td> <td>11 g</td> <td>Pro:</td> <td>42 g</td> </tr> </table>	Cal:	750	Carb:	102 g	Sod:	1128 mg	Fat:	20 g	Fiber:	11 g	Pro:	42 g	<b>3</b> <b>HAPPY CINCO DE MAYO</b> <b>BEEF SOFT TACO</b> REFRIED BEANS SPANISH RICE TROPICAL FRUIT  <table border="1"> <tr> <td>Cal:</td> <td>910</td> <td>Carb:</td> <td>98 g</td> <td>Sod:</td> <td>979 mg</td> </tr> <tr> <td>Fat:</td> <td>32 g</td> <td>Fiber:</td> <td>14 g</td> <td>Pro:</td> <td>56 g</td> </tr> </table>	Cal:	910	Carb:	98 g	Sod:	979 mg	Fat:	32 g	Fiber:	14 g	Pro:	56 g																								
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<b>6</b> <b>HAM &amp; CHEESE ON A BUN</b> COOL CUCUMBER SALAD ISLAND VEGETABLES PINEAPPLE with CHERRIES  <table border="1"> <tr> <td>Cal:</td> <td>582</td> <td>Carb:</td> <td>77 g</td> <td>Sod:</td> <td>898 mg</td> </tr> <tr> <td>Fat:</td> <td>19 g</td> <td>Fiber:</td> <td>11 g</td> <td>Pro:</td> <td>32 g</td> </tr> </table>	Cal:	582	Carb:	77 g	Sod:	898 mg	Fat:	19 g	Fiber:	11 g	Pro:	32 g	<b>7</b> <b>CRAB BAKE</b> PARSLEY POTATOES SPINACH & CHEESE SALAD APPLE CHEESE BISCUIT PEANUT BUTTER COOKIE  <table border="1"> <tr> <td>Cal:</td> <td>1092</td> <td>Carb:</td> <td>130 g</td> <td>Sod:</td> <td>2270 mg</td> </tr> <tr> <td>Fat:</td> <td>48 g</td> <td>Fiber:</td> <td>12 g</td> <td>Pro:</td> <td>41 g</td> </tr> </table>	Cal:	1092	Carb:	130 g	Sod:	2270 mg	Fat:	48 g	Fiber:	12 g	Pro:	41 g	<b>8</b> <b>HAMBURGER ON A BUN</b> MACARONI SALAD RANCH STYLE BEANS MELON MEDLEY  <table border="1"> <tr> <td>Cal:</td> <td>909</td> <td>Carb:</td> <td>119 g</td> <td>Sod:</td> <td>1063 mg</td> </tr> <tr> <td>Fat:</td> <td>28 g</td> <td>Fiber:</td> <td>20 g</td> <td>Pro:</td> <td>50 g</td> </tr> </table>	Cal:	909	Carb:	119 g	Sod:	1063 mg	Fat:	28 g	Fiber:	20 g	Pro:	50 g	<b>9</b> <b>CHICKEN PASTA SALAD</b> 5-WAY VEGETABLES CUCUMBER TOMATO SALAD CREAMY FRUIT GELATIN MULTIGRAIN BREAD  <table border="1"> <tr> <td>Cal:</td> <td>619</td> <td>Carb:</td> <td>83 g</td> <td>Sod:</td> <td>725 mg</td> </tr> <tr> <td>Fat:</td> <td>18 g</td> <td>Fiber:</td> <td>10 g</td> <td>Pro:</td> <td>33 g</td> </tr> </table>	Cal:	619	Carb:	83 g	Sod:	725 mg	Fat:	18 g	Fiber:	10 g	Pro:	33 g	<b>10</b> <b>BEEF TIPS over NOODLES</b> MARINATED CARROTS COLESLAW PLUMS WHEAT BREAD  <table border="1"> <tr> <td>Cal:</td> <td>702</td> <td>Carb:</td> <td>74 g</td> <td>Sod:</td> <td>861 mg</td> </tr> <tr> <td>Fat:</td> <td>21 g</td> <td>Fiber:</td> <td>8 g</td> <td>Pro:</td> <td>56 g</td> </tr> </table>	Cal:	702	Carb:	74 g	Sod:	861 mg	Fat:	21 g	Fiber:	8 g	Pro:	56 g
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<b>13</b> <b>HAPPY MOTHERS' DAY</b> <b>DENVER OMELETTE BAKE</b> HASH BROWN PATTY BLUEBERRY SCONE CANTALOUPE  <table border="1"> <tr> <td>Cal:</td> <td>725</td> <td>Carb:</td> <td>86 g</td> <td>Sod:</td> <td>943 mg</td> </tr> <tr> <td>Fat:</td> <td>35 g</td> <td>Fiber:</td> <td>4 g</td> <td>Pro:</td> <td>20 g</td> </tr> </table>	Cal:	725	Carb:	86 g	Sod:	943 mg	Fat:	35 g	Fiber:	4 g	Pro:	20 g	<b>14</b> <b>BEEF TOMATO CASSEROLE</b> MONTE CARLO VEGETABLES TOSSED SALAD COTTAGE CHEESE & PINEAPPLE CORNBREAD  <table border="1"> <tr> <td>Cal:</td> <td>795</td> <td>Carb:</td> <td>121 g</td> <td>Sod:</td> <td>1003 mg</td> </tr> <tr> <td>Fat:</td> <td>18 g</td> <td>Fiber:</td> <td>10 g</td> <td>Pro:</td> <td>38 g</td> </tr> </table>	Cal:	795	Carb:	121 g	Sod:	1003 mg	Fat:	18 g	Fiber:	10 g	Pro:	38 g	<b>15</b> <b>HERBED CHICKEN</b> ORANGE CRANBERRY RICE BRUSSEL SPROUTS BANANA VANILLA PUDDING DINNER ROLL  <table border="1"> <tr> <td>Cal:</td> <td>807</td> <td>Carb:</td> <td>111 g</td> <td>Sod:</td> <td>584 mg</td> </tr> <tr> <td>Fat:</td> <td>22 g</td> <td>Fiber:</td> <td>12 g</td> <td>Pro:</td> <td>48 g</td> </tr> </table>	Cal:	807	Carb:	111 g	Sod:	584 mg	Fat:	22 g	Fiber:	12 g	Pro:	48 g	<b>16</b> <b>PORK CHOW MEIN</b> RICE EMPOROR'S STIR FRY MELON MEDLEY WHEAT BREAD FORTUNE COOKIE  <table border="1"> <tr> <td>Cal:</td> <td>704</td> <td>Carb:</td> <td>97 g</td> <td>Sod:</td> <td>1087 mg</td> </tr> <tr> <td>Fat:</td> <td>18 g</td> <td>Fiber:</td> <td>11 g</td> <td>Pro:</td> <td>43 g</td> </tr> </table>	Cal:	704	Carb:	97 g	Sod:	1087 mg	Fat:	18 g	Fiber:	11 g	Pro:	43 g	<b>17</b> <b>TURKEY CASSEROLE</b> THREE BEAN SALAD MANDARIN ORANGES RAISIN BREAD  <table border="1"> <tr> <td>Cal:</td> <td>539</td> <td>Carb:</td> <td>79 g</td> <td>Sod:</td> <td>812 mg</td> </tr> <tr> <td>Fat:</td> <td>11 g</td> <td>Fiber:</td> <td>10 g</td> <td>Pro:</td> <td>34 g</td> </tr> </table>	Cal:	539	Carb:	79 g	Sod:	812 mg	Fat:	11 g	Fiber:	10 g	Pro:	34 g
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<b>27</b> <b>MEALS ON WHEELS CLOSED</b>  <b>MEMORIAL DAY</b>	<b>28</b> <b>HAM &amp; SWISS BROCCOLI PASTA</b> PICKLED BEETS CARROT RAISIN SALAD STRAWBERRIES MULTIGRAIN BREAD  <table border="1"> <tr> <td>Cal:</td> <td>684</td> <td>Carb:</td> <td>101 g</td> <td>Sod:</td> <td>1181 mg</td> </tr> <tr> <td>Fat:</td> <td>15 g</td> <td>Fiber:</td> <td>12 g</td> <td>Pro:</td> <td>39 g</td> </tr> </table>	Cal:	684	Carb:	101 g	Sod:	1181 mg	Fat:	15 g	Fiber:	12 g	Pro:	39 g	<b>29</b> <b>CREAMY TURKEY STEW ON A BISCUIT</b> RAINBOW SALAD APPLE FIG NEWTONS  <table border="1"> <tr> <td>Cal:</td> <td>726</td> <td>Carb:</td> <td>107 g</td> <td>Sod:</td> <td>890 mg</td> </tr> <tr> <td>Fat:</td> <td>18 g</td> <td>Fiber:</td> <td>11 g</td> <td>Pro:</td> <td>36 g</td> </tr> </table>	Cal:	726	Carb:	107 g	Sod:	890 mg	Fat:	18 g	Fiber:	11 g	Pro:	36 g	<b>30</b> <b>MACARONI &amp; CHEESE</b> BRUSSEL SPROUTS ORANGE FRUIT COCKTAIL WHEAT BREAD  <table border="1"> <tr> <td>Cal:</td> <td>589</td> <td>Carb:</td> <td>90 g</td> <td>Sod:</td> <td>722 mg</td> </tr> <tr> <td>Fat:</td> <td>16 g</td> <td>Fiber:</td> <td>13 g</td> <td>Pro:</td> <td>28 g</td> </tr> </table>	Cal:	589	Carb:	90 g	Sod:	722 mg	Fat:	16 g	Fiber:	13 g	Pro:	28 g	<b>31</b> <b>CHICKEN FRIED STEAK &amp; GRAVY</b> MASHED POTATOES CORN SAUCY FRUIT SALAD DINNER ROLL  <table border="1"> <tr> <td>Cal:</td> <td>1128</td> <td>Carb:</td> <td>133 g</td> <td>Sod:</td> <td>1080 mg</td> </tr> <tr> <td>Fat:</td> <td>49 g</td> <td>Fiber:</td> <td>10 g</td> <td>Pro:</td> <td>42 g</td> </tr> </table>	Cal:	1128	Carb:	133 g	Sod:	1080 mg	Fat:	49 g	Fiber:	10 g	Pro:	42 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**

*“Let every nation know, whether it wishes us well or ill, that we shall pay any price, bear any burden, meet any hardship, support any friend, oppose any foe to assure the survival and the success of liberty.”*



John F. Kennedy  
 35<sup>th</sup> President  
 (1917-1963)

## ANNUAL HOME DELIVERED MEALS SURVEY

We have tabulated our results from our survey. Here is some of what you have told us:

1. For 83% of our customers, Meals on Wheels is your main meal of the day.
2. 99% of our customers (all but 1 of you) think our drivers are friendly, responsible, and helpful.
3. And 89% of you feel that you eat healthier as a result of Meals on Wheels.

Thanks for your input. As we read through all of your comments, we may share some of those as well in the coming months.



**MEALS INCLUDE  
 1% MILK**

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

**Cost for under age of 60 is \$11.00.**

***This food and health information is from Meals on Wheels MC dietitian:***

Holly, our dietitian, monitors our compliance with state guidelines for key nutrients such as vitamin C, sodium, calcium, fiber, and more.



Keeping food safe is harder than it sounds. Typically, the USDA issues 4-5 recalls each month of contaminated food items that could cause illness in people who eat those foods. In March 2019, there were 15 recalls! So, what can you do to keep yourself safe? There are four steps you can take to reduce your risk of becoming ill, even if you eat those foods.

**First, clean.** Wash your hands, wash the area you will be making the food, and wash items like fresh produce to help reduce contamination.

**Second, separate.** Keep foods that will be eaten raw away from foods that need to be cooked. Keep dangerous foods like poultry and ground meats on the bottom shelf in your fridge to avoid contaminating items below them.

**Third, cook.** Cook items to the right temperature to kill microorganisms you may not see. Most items should be heated above 155 degrees. Poultry, ground meat, and stuffed meats should be cooked to at least 165 degrees.

**Fourth, chill.** Cold foods should be kept at less than 41 degrees. Put items away quickly. The longer foods sit out and the warmer the temperature, the less safe the food becomes.

Following these four rules will help keep your food safe and prevent you from getting a foodborne illness. Here's to safe cooking!



**ATTENTION VETERANS**



Meals on Wheels recently 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.

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



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



**MEALS on WHEELS**  
MESA COUNTY



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

# The Scoop

**\* \* \* Attention Pet Owners \* \* \***

In recent weeks we have had multiple issues with pets not being restrained properly and causing injuries to our volunteers - some needing emergency medical attention. Our policy has always been: **We will speak to you about issues once, and if we have to speak to you again it will be to cancel your service.** This is non-negotiable and will be strictly enforced. Keeping your pets restrained during your delivery window will keep your volunteers safe.

## MAY PRESENTATIONS AT MEALS ON WHEELS MC DINING SITES

**Palisade Community Center – Tuesday, May 7.** Presentation by Patti Zapf (Humana) on "Superfoods - focusing on foods that stop inflammation". **Lunch reservations needed by 4:00 p.m., Friday, May 3 - call 243-9844.**

**Fruita Community Center – Tuesday, May 14.** MOW registered dietitian, Holly Krouse, will be giving a presentation on "Choosing Healthy Snacks". **Lunch reservations needed by 4:00 p.m., Friday, May 10 - call 243-9844.**

**Grand View Apartments - Tuesday, May 14.** Dog agility presentation by Meals on Wheels volunteer, Nancy Schmidt. **Lunch reservations needed by 4:00 p.m., Friday, May 10 - call 243-9844.**

**Collbran Congregational Church – Wednesday, May 15.** Presentation by Patti Zapf (Humana) on "Superfoods - focusing on foods that stop inflammation". **Lunch reservations needed by 4:00 p.m., Monday, May 13 - call 243-9844.**

**Mesa Community Center – Tuesday, May 21.** Presentation by Patti Zapf (Humana) on "Superfoods - focusing on foods that stop inflammation". **Lunch reservations needed by 4:00 p.m., Friday, May 17 - call 243-9844.**

**Monterey Park Apartments – Tuesday, May 28.** Dog agility presentation by Meals on Wheels volunteer, Nancy Schmidt. **Lunch reservations needed by 4:00 p.m., Friday, May 24 - call 243-9844.**