



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY																																																												
<h1>JUNE</h1>																																																																
																																																																
3 APRICOT GLAZED CHICKEN BROWN RICE AMISH SALAD SPICED PEACHES MULTIGRAIN BREAD <table border="1"> <tr><td>Cal:</td><td>939</td><td>Carb:</td><td>129 g</td><td>Sod:</td><td>384 mg</td></tr> <tr><td>Fat:</td><td>21 g</td><td>Fiber:</td><td>11 g</td><td>Pro:</td><td>56 g</td></tr> </table>	Cal:	939	Carb:	129 g	Sod:	384 mg	Fat:	21 g	Fiber:	11 g	Pro:	56 g	4 BEEF STROGANOFF PENNE PASTA SCANDINAVIAN VEGETABLES RED CABBAGE SALAD APPLESAUCE WHEAT BREAD <table border="1"> <tr><td>Cal:</td><td>815</td><td>Carb:</td><td>109 g</td><td>Sod:</td><td>485 mg</td></tr> <tr><td>Fat:</td><td>27 g</td><td>Fiber:</td><td>15 g</td><td>Pro:</td><td>38 g</td></tr> </table>	Cal:	815	Carb:	109 g	Sod:	485 mg	Fat:	27 g	Fiber:	15 g	Pro:	38 g	5 HAM with MUSTARD GLAZE AU GRATIN POTATOES COLLARD GREENS CARROT APPLE DATE SALAD ORANGE DINNER ROLL <table border="1"> <tr><td>Cal:</td><td>866</td><td>Carb:</td><td>134 g</td><td>Sod:</td><td>1421 mg</td></tr> <tr><td>Fat:</td><td>22 g</td><td>Fiber:</td><td>12 g</td><td>Pro:</td><td>40 g</td></tr> </table>	Cal:	866	Carb:	134 g	Sod:	1421 mg	Fat:	22 g	Fiber:	12 g	Pro:	40 g	6 TURKEY TACOS BLACK BEANS with CILANTRO SPANISH RICE <table border="1"> <tr><td>Cal:</td><td>688</td><td>Carb:</td><td>73 g</td><td>Sod:</td><td>865 mg</td></tr> <tr><td>Fat:</td><td>23 g</td><td>Fiber:</td><td>10 g</td><td>Pro:</td><td>51 g</td></tr> </table>	Cal:	688	Carb:	73 g	Sod:	865 mg	Fat:	23 g	Fiber:	10 g	Pro:	51 g	7 FISH PATTY ON A BUN BRUSSEL SPROUTS GARBANZO BEAN PASTA SALAD PINEAPPLE ORANGE FLUFF PICKLE SPEAR <table border="1"> <tr><td>Cal:</td><td>586</td><td>Carb:</td><td>103 g</td><td>Sod:</td><td>639 mg</td></tr> <tr><td>Fat:</td><td>11 g</td><td>Fiber:</td><td>14 g</td><td>Pro:</td><td>24 g</td></tr> </table>	Cal:	586	Carb:	103 g	Sod:	639 mg	Fat:	11 g	Fiber:	14 g	Pro:	24 g
Cal:	939	Carb:	129 g	Sod:	384 mg																																																											
Fat:	21 g	Fiber:	11 g	Pro:	56 g																																																											
Cal:	815	Carb:	109 g	Sod:	485 mg																																																											
Fat:	27 g	Fiber:	15 g	Pro:	38 g																																																											
Cal:	866	Carb:	134 g	Sod:	1421 mg																																																											
Fat:	22 g	Fiber:	12 g	Pro:	40 g																																																											
Cal:	688	Carb:	73 g	Sod:	865 mg																																																											
Fat:	23 g	Fiber:	10 g	Pro:	51 g																																																											
Cal:	586	Carb:	103 g	Sod:	639 mg																																																											
Fat:	11 g	Fiber:	14 g	Pro:	24 g																																																											
10 SPINACH MUSHROOM LASAGNA ITALIAN VEGETABLES APPLE OATMEAL RAISIN COOKIE ITALIAN BREAD <table border="1"> <tr><td>Cal:</td><td>814</td><td>Carb:</td><td>116 g</td><td>Sod:</td><td>981 mg</td></tr> <tr><td>Fat:</td><td>23 g</td><td>Fiber:</td><td>13 g</td><td>Pro:</td><td>40 g</td></tr> </table>	Cal:	814	Carb:	116 g	Sod:	981 mg	Fat:	23 g	Fiber:	13 g	Pro:	40 g	11 POT ROAST BABY CARROTS & NEW POTATOES ORANGE BROCCOLI WALNUT RAISIN SALAD MULTIGRAIN ROLL <table border="1"> <tr><td>Cal:</td><td>908</td><td>Carb:</td><td>108 g</td><td>Sod:</td><td>922 mg</td></tr> <tr><td>Fat:</td><td>24 g</td><td>Fiber:</td><td>16 g</td><td>Pro:</td><td>64 g</td></tr> </table>	Cal:	908	Carb:	108 g	Sod:	922 mg	Fat:	24 g	Fiber:	16 g	Pro:	64 g	12 SEAFOOD PASTA SALAD BROCCOLI FRUIT SALAD LEMON CHERRY CUSTARD CAKE CRACKERS <table border="1"> <tr><td>Cal:</td><td>563</td><td>Carb:</td><td>99 g</td><td>Sod:</td><td>701 mg</td></tr> <tr><td>Fat:</td><td>10 g</td><td>Fiber:</td><td>13 g</td><td>Pro:</td><td>28 g</td></tr> </table>	Cal:	563	Carb:	99 g	Sod:	701 mg	Fat:	10 g	Fiber:	13 g	Pro:	28 g	13 GARDEN VEGETABLE SOUP EGG SALAD ON A BUN CAROLINE SLAW BANANA <table border="1"> <tr><td>Cal:</td><td>606</td><td>Carb:</td><td>81 g</td><td>Sod:</td><td>695 mg</td></tr> <tr><td>Fat:</td><td>23 g</td><td>Fiber:</td><td>12 g</td><td>Pro:</td><td>22 g</td></tr> </table>	Cal:	606	Carb:	81 g	Sod:	695 mg	Fat:	23 g	Fiber:	12 g	Pro:	22 g	14 CHICKEN PASTA SALAD 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
Cal:	814	Carb:	116 g	Sod:	981 mg																																																											
Fat:	23 g	Fiber:	13 g	Pro:	40 g																																																											
Cal:	908	Carb:	108 g	Sod:	922 mg																																																											
Fat:	24 g	Fiber:	16 g	Pro:	64 g																																																											
Cal:	563	Carb:	99 g	Sod:	701 mg																																																											
Fat:	10 g	Fiber:	13 g	Pro:	28 g																																																											
Cal:	606	Carb:	81 g	Sod:	695 mg																																																											
Fat:	23 g	Fiber:	12 g	Pro:	22 g																																																											
Cal:	619	Carb:	83 g	Sod:	725 mg																																																											
Fat:	18 g	Fiber:	10 g	Pro:	33 g																																																											
17 HAPPY FATHERS' DAY BBQ CHICKEN WINGS MACARONI & CHEESE CARROTS & CELERY with RANCH DRESSING BLUEBERRY COBBLER GARLIC BREAD <table border="1"> <tr><td>Cal:</td><td>1248</td><td>Carb:</td><td>148 g</td><td>Sod:</td><td>2640 mg</td></tr> <tr><td>Fat:</td><td>50 g</td><td>Fiber:</td><td>12 g</td><td>Pro:</td><td>55 g</td></tr> </table>	Cal:	1248	Carb:	148 g	Sod:	2640 mg	Fat:	50 g	Fiber:	12 g	Pro:	55 g	18 ROAST TURKEY & GRAVY CORN ON COB HERBED GREEN BEANS PICKLED BEETS STRAWBERRIES MULTIGRAIN BREAD <table border="1"> <tr><td>Cal:</td><td>1242</td><td>Carb:</td><td>92 g</td><td>Sod:</td><td>669 mg</td></tr> <tr><td>Fat:</td><td>79 g</td><td>Fiber:</td><td>10 g</td><td>Pro:</td><td>42 g</td></tr> </table>	Cal:	1242	Carb:	92 g	Sod:	669 mg	Fat:	79 g	Fiber:	10 g	Pro:	42 g	19 CHILI DOG ON A BUN WINTER VEGETABLES PEA & CHEESE SALAD MANDARIN ORANGES <table border="1"> <tr><td>Cal:</td><td>654</td><td>Carb:</td><td>92 g</td><td>Sod:</td><td>1125 mg</td></tr> <tr><td>Fat:</td><td>20 g</td><td>Fiber:</td><td>16 g</td><td>Pro:</td><td>34 g</td></tr> </table>	Cal:	654	Carb:	92 g	Sod:	1125 mg	Fat:	20 g	Fiber:	16 g	Pro:	34 g	20 MUSTARD GLAZED CHICKEN BAKED SWEET POTATO CALIFORNIA VEGETABLE CARROT APPLE DATE SALAD WHEAT BREAD <table border="1"> <tr><td>Cal:</td><td>722</td><td>Carb:</td><td>93 g</td><td>Sod:</td><td>782 mg</td></tr> <tr><td>Fat:</td><td>16 g</td><td>Fiber:</td><td>12 g</td><td>Pro:</td><td>54 g</td></tr> </table>	Cal:	722	Carb:	93 g	Sod:	782 mg	Fat:	16 g	Fiber:	12 g	Pro:	54 g	21 MEATBALLS over SPIRAL NOODLES STEWED TOMATOES BROCCOLI CORN CASSEROLE SPINACH & EGG SALAD FRUIT AMBROSIA DELUX CEREAL BAR WHEAT BREAD <table border="1"> <tr><td>Cal:</td><td>771</td><td>Carb:</td><td>114 g</td><td>Sod:</td><td>1032 mg</td></tr> <tr><td>Fat:</td><td>23 g</td><td>Fiber:</td><td>10 g</td><td>Pro:</td><td>30 g</td></tr> </table>	Cal:	771	Carb:	114 g	Sod:	1032 mg	Fat:	23 g	Fiber:	10 g	Pro:	30 g
Cal:	1248	Carb:	148 g	Sod:	2640 mg																																																											
Fat:	50 g	Fiber:	12 g	Pro:	55 g																																																											
Cal:	1242	Carb:	92 g	Sod:	669 mg																																																											
Fat:	79 g	Fiber:	10 g	Pro:	42 g																																																											
Cal:	654	Carb:	92 g	Sod:	1125 mg																																																											
Fat:	20 g	Fiber:	16 g	Pro:	34 g																																																											
Cal:	722	Carb:	93 g	Sod:	782 mg																																																											
Fat:	16 g	Fiber:	12 g	Pro:	54 g																																																											
Cal:	771	Carb:	114 g	Sod:	1032 mg																																																											
Fat:	23 g	Fiber:	10 g	Pro:	30 g																																																											
24 NEAPOLITAN SPAGHETTI MARINATED CARROTS TOSSED SALAD MIXED BERRIES MULTIGRAIN BREAD <table border="1"> <tr><td>Cal:</td><td>805</td><td>Carb:</td><td>83 g</td><td>Sod:</td><td>1045 mg</td></tr> <tr><td>Fat:</td><td>40 g</td><td>Fiber:</td><td>10 g</td><td>Pro:</td><td>31 g</td></tr> </table>	Cal:	805	Carb:	83 g	Sod:	1045 mg	Fat:	40 g	Fiber:	10 g	Pro:	31 g	25 CHICKEN FAJITAS PINTO BEANS CHUCKWAGON CORN PEACHES <table border="1"> <tr><td>Cal:</td><td>724</td><td>Carb:</td><td>90 g</td><td>Sod:</td><td>945 mg</td></tr> <tr><td>Fat:</td><td>17 g</td><td>Fiber:</td><td>12 g</td><td>Pro:</td><td>53 g</td></tr> </table>	Cal:	724	Carb:	90 g	Sod:	945 mg	Fat:	17 g	Fiber:	12 g	Pro:	53 g	26 HOT TURKEY SANDWICH BROCCOLI with CHEESE SAUCE LAYERED SALAD MANDARIN ORANGES RICE KRISPIE TREAT <table border="1"> <tr><td>Cal:</td><td>663</td><td>Carb:</td><td>83 g</td><td>Sod:</td><td>909 mg</td></tr> <tr><td>Fat:</td><td>21 g</td><td>Fiber:</td><td>7 g</td><td>Pro:</td><td>37 g</td></tr> </table>	Cal:	663	Carb:	83 g	Sod:	909 mg	Fat:	21 g	Fiber:	7 g	Pro:	37 g	27 TUNA PATTY with CREAM SAUCE SCALLOPED POTATOES PEA & CHEESE SALAD ESCALLOPED TOMATOES APPLE BREADSTICK <table border="1"> <tr><td>Cal:</td><td>780</td><td>Carb:</td><td>115 g</td><td>Sod:</td><td>965 mg</td></tr> <tr><td>Fat:</td><td>16 g</td><td>Fiber:</td><td>12 g</td><td>Pro:</td><td>47 g</td></tr> </table>	Cal:	780	Carb:	115 g	Sod:	965 mg	Fat:	16 g	Fiber:	12 g	Pro:	47 g	28 CORN CHOWDER CHICKEN SALAD ON A BUN MELON MEDLEY <table border="1"> <tr><td>Cal:</td><td>604</td><td>Carb:</td><td>98 g</td><td>Sod:</td><td>1117 mg</td></tr> <tr><td>Fat:</td><td>9 g</td><td>Fiber:</td><td>10 g</td><td>Pro:</td><td>39 g</td></tr> </table>	Cal:	604	Carb:	98 g	Sod:	1117 mg	Fat:	9 g	Fiber:	10 g	Pro:	39 g
Cal:	805	Carb:	83 g	Sod:	1045 mg																																																											
Fat:	40 g	Fiber:	10 g	Pro:	31 g																																																											
Cal:	724	Carb:	90 g	Sod:	945 mg																																																											
Fat:	17 g	Fiber:	12 g	Pro:	53 g																																																											
Cal:	663	Carb:	83 g	Sod:	909 mg																																																											
Fat:	21 g	Fiber:	7 g	Pro:	37 g																																																											
Cal:	780	Carb:	115 g	Sod:	965 mg																																																											
Fat:	16 g	Fiber:	12 g	Pro:	47 g																																																											
Cal:	604	Carb:	98 g	Sod:	1117 mg																																																											
Fat:	9 g	Fiber:	10 g	Pro:	39 g																																																											

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**

"People who love to eat are always the best people."



Julia Child,
 Chef and Author
 (1912-2004)

FOR OUR PET LOVERS ON HOME DELIVERY We usually receive a donation of pet food once a month from Roice Hurst. The donated food varies in the amount of food and type. We receive some dry dog or cat food, and sometimes they also drop off canned product. Many of you with pets have already sent in forms to receive food when available. If you are on home delivery and are interested in receiving pet food, please contact the office **243-9844 ext. 5**. We need the following information:

1. Type of pet (cat or dog)
2. Size of pet (large or small)
3. Will you accept dry food, wet food, or both?
4. Would you like pet treats?

Please know that we cannot control the brand of food that comes in or the amount, and we frequently receive food in open bags or bins. We then work to fairly distribute food to those customers who have contacted us. If you have an urgent need in this area, please let us know as we did receive some grant funding this year specifically for this purpose.



Are you a home delivery client who received cat food from us in the past few months? We were able to do that through a generous anonymous donation.



If you'd like to send a note of thanks, we'd be happy to pass it along. Please just send it back with your driver.

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.

June is National Fresh Fruit and Vegetable Month!

Fresh fruits and vegetables abound in June and include tasty treats such as asparagus, cherries, blueberries, broccoli, spring cabbage, kohlrabi, lettuce, salad onions, peas, early potatoes, radish, spinach, and chard. By eating a "rainbow" of colors, we reap the benefits from rich antioxidants and healthy fiber to feel energized as we enjoy the new season. Eating plenty of fruits and vegetables may also help us reduce our risk of many diseases such as heart disease, high blood pressure and some cancers.

Grilling, picnics, and Fathers' Day are great opportunities in June to bring in plenty of fresh fruits and vegetables to the party. Skewers on the grill is a great way to combine both protein with our vegetables and even fruits! Grilled skewers of vegetables and fruits such as zucchini, tomatoes, pineapples, and even watermelon; give them a subtle, smoky flavor as well as preserve their sweetness and complement chicken or fish, which have less saturated fat than red meat.

Staying hydrated is also an important factor to consider when the temperatures begin heating up. A tasty and refreshing sparkling water with fresh fruit and herbs squeezed in can add a final touch to your meal. Ideas may include adding mint, lime or lemon, berries, or cucumber to your water.



The beauty of fresh, healthy fruits, and vegetables; rich with antioxidants to support our eyes, muscles, and skin adds to the beauty of the season and getting out to enjoy the sunshine can bring a beautiful smile to our face as well!

Cristy Reid, dietetic student, Keiser University



Meals on Wheels Mesa County was the lucky recipient of The Giving Club's May fundraising event:

The Giving Club is a group of woman who meet quarterly. At each meeting, every member nominates a local non-profit whose name is put into a hat. Three names are drawn, and the members vote on which non-profit will win. Meals on

Wheels will be receiving over \$20,000! This money will go towards our general operating expenses and will help us achieve our goal of having 25 home delivery routes by the end of the year! If you'd like to send a thank you, you can send it directly to the club, or back with your driver.

Their address is: The Giving Club, P.O. Box 1382, Grand Junction, CO. 81502.



Visit our website: mealsonwheelmesacounty.org
Follow us on Facebook for the latest Meals on Wheels MC news.



MEALS on WHEELS
MESA COUNTY



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

The Scoop

JUNE PRESENTATIONS AT MEALS ON WHEELS MC DINING SITES

"Would you like to make a difference in a child's life?"
Presenter Tanya Fink, Foster Grandparent Program

Clifton Hall – Wednesday, June 12. **Lunch reservations needed by 4:00 p.m., Monday, June 10 - call 243-9844.**

Senior Recreation Center – Wednesday, June 19. **Lunch reservations needed by 4:00 p.m., Monday, June 17 - call 243-9844.**

Fruita Community Center - Wednesday, June 26. **Lunch reservations needed by 4:00 p.m., Monday, June 24 - call 243-9844.**



"Would you like to make a difference in a senior citizen's life?"
Presenter Tanya Fink, Senior Companion Program

Ratekin Towers Apartments - Thursday, June 13. **Lunch reservations needed by 4:00 p.m., Tuesday, June 11 - call 243-9844.**

Monterey Park Apartments – Thursday, June 20. **Lunch reservations needed by 4:00 p.m., Tuesday, June 18 - call 243-9844.**

Grand View Apartments - Thursday, June 27. **Lunch reservations needed by 4:00 p.m., Tuesday, June 25 - call 243-9844.**



Ratekin Towers Apartments – Monday, June 17, Meals on Wheels registered dietitian, Holly Krouse, will be giving a presentation on "Nutritional Benefits of Protein". **Lunch reservations needed by 4:00 p.m., Monday, June 13 - call 243-9844.**