


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY																																																												
<b>1</b> <b>EGG &amp; SAUSAGE BAKE</b> SWISS VEGETABLES CITRUS SURPRISE CELERY and PEANUT BUTTER WHOLE WHEAT BREAD  <table border="1"> <tr><td>Cal:</td><td>922</td><td>Carb:</td><td>79 g</td><td>Sod:</td><td>1155 mg</td></tr> <tr><td>Fat:</td><td>47 g</td><td>Fiber:</td><td>11 g</td><td>Pro:</td><td>53 g</td></tr> </table>	Cal:	922	Carb:	79 g	Sod:	1155 mg	Fat:	47 g	Fiber:	11 g	Pro:	53 g	<b>2</b> <b>CHICKEN CAESAR SALAD</b> ORANGE WHOLE WHEAT DINNER ROLL PEACH CRISP  <table border="1"> <tr><td>Cal:</td><td>819</td><td>Carb:</td><td>115 g</td><td>Sod:</td><td>433 mg</td></tr> <tr><td>Fat:</td><td>21 g</td><td>Fiber:</td><td>10 g</td><td>Pro:</td><td>47 g</td></tr> </table>	Cal:	819	Carb:	115 g	Sod:	433 mg	Fat:	21 g	Fiber:	10 g	Pro:	47 g	<b>3</b> <b>HAMBURGER ON A BUN</b> BAKED BEANS PARSLIED CARROTS BANANA  <table border="1"> <tr><td>Cal:</td><td>800</td><td>Carb:</td><td>117 g</td><td>Sod:</td><td>932 mg</td></tr> <tr><td>Fat:</td><td>21 g</td><td>Fiber:</td><td>21 g</td><td>Pro:</td><td>43 g</td></tr> </table>	Cal:	800	Carb:	117 g	Sod:	932 mg	Fat:	21 g	Fiber:	21 g	Pro:	43 g	<b>4</b> <b>INDEPENDENCE DAY</b>  <b>MEALS ON WHEELS CLOSED</b>	<b>5</b> <b>FISH CREOLE</b> STEAMED BROWN RICE MARINATED CARROTS CHOPPED SPINACH FRUIT SALAD PINEAPPLE UPSIDE DOWN CAKE WHOLE 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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<b>8</b> <b>BAKED POTATO with CHEESE &amp; BROCCOLI</b> TOSSED SALAD BLUSHING PEARS WHOLE 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	<b>9</b> <b>CHICKEN with PARMESAN SAUCE</b> ITALIAN BEAN BLEND WILD RICE PILAF APRICOTS ITALIAN BREAD  <table border="1"> <tr><td>Cal:</td><td>758</td><td>Carb:</td><td>111 g</td><td>Sod:</td><td>535 mg</td></tr> <tr><td>Fat:</td><td>16 g</td><td>Fiber:</td><td>12 g</td><td>Pro:</td><td>44 g</td></tr> </table>	Cal:	758	Carb:	111 g	Sod:	535 mg	Fat:	16 g	Fiber:	12 g	Pro:	44 g	<b>10</b> <b>CHEESBURGER PIE</b> HERBED GREEN BEANS PICKLED BEETS FRUIT COCKTAIL WHOLE WHEAT CRACKERS  <table border="1"> <tr><td>Cal:</td><td>749</td><td>Carb:</td><td>99 g</td><td>Sod:</td><td>796 mg</td></tr> <tr><td>Fat:</td><td>21 g</td><td>Fiber:</td><td>10 g</td><td>Pro:</td><td>44 g</td></tr> </table>	Cal:	749	Carb:	99 g	Sod:	796 mg	Fat:	21 g	Fiber:	10 g	Pro:	44 g	<b>11</b> <b>BBQ PORK RIBLET</b> BAKED SWEET POTATO BROCCOLI RAISIN WALNUT SALAD APPLE BISCUIT  <table border="1"> <tr><td>Cal:</td><td>849</td><td>Carb:</td><td>100 g</td><td>Sod:</td><td>1172 mg</td></tr> <tr><td>Fat:</td><td>31 g</td><td>Fiber:</td><td>10 g</td><td>Pro:</td><td>44 g</td></tr> </table>	Cal:	849	Carb:	100 g	Sod:	1172 mg	Fat:	31 g	Fiber:	10 g	Pro:	44 g	<b>12</b> <b>FISH ON A BUN</b> GARBANZO BEAN SALAD BRUSSELS SPROUTS SLICED PEACHES PICKLE SPEAR  <table border="1"> <tr><td>Cal:</td><td>521</td><td>Carb:</td><td>107 g</td><td>Sod:</td><td>857 mg</td></tr> <tr><td>Fat:</td><td>11 g</td><td>Fiber:</td><td>15 g</td><td>Pro:</td><td>23 g</td></tr> </table>	Cal:	521	Carb:	107 g	Sod:	857 mg	Fat:	11 g	Fiber:	15 g	Pro:	23 g
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<b>15</b> <b>CREAMY CHICKEN STEW ON A BISCUIT</b> SCANDINAVIAN BLEND CRANBERRY APPLE SLAW UNDER THE SEA SALAD CHEESE BISCUIT  <table border="1"> <tr><td>Cal:</td><td>835</td><td>Carb:</td><td>113 g</td><td>Sod:</td><td>982 mg</td></tr> <tr><td>Fat:</td><td>26 g</td><td>Fiber:</td><td>11 g</td><td>Pro:</td><td>43 g</td></tr> </table>	Cal:	835	Carb:	113 g	Sod:	982 mg	Fat:	26 g	Fiber:	11 g	Pro:	43 g	<b>16</b> <b>SWISS STEAK with SAUCE</b> BAKED POTATO WINTER VEGETABLES PINEAPPLE ORANGE FLUFF NUTRIGRAIN BAR WHOLE WHEAT DINNER ROLL  <table border="1"> <tr><td>Cal:</td><td>882</td><td>Carb:</td><td>124 g</td><td>Sod:</td><td>775 mg</td></tr> <tr><td>Fat:</td><td>31 g</td><td>Fiber:</td><td>11 g</td><td>Pro:</td><td>32 g</td></tr> </table>	Cal:	882	Carb:	124 g	Sod:	775 mg	Fat:	31 g	Fiber:	11 g	Pro:	32 g	<b>17</b> <b>CHICKEN &amp; SNOW PEAS</b> BROWN RICE EMPEROR'S STIR FRY VEGETABLES GRAPEFRUIT WHOLE WHEAT BREAD FORTUNE COOKIE  <table border="1"> <tr><td>Cal:</td><td>751</td><td>Carb:</td><td>118 g</td><td>Sod:</td><td>942 mg</td></tr> <tr><td>Fat:</td><td>13 g</td><td>Fiber:</td><td>10 g</td><td>Pro:</td><td>41 g</td></tr> </table>	Cal:	751	Carb:	118 g	Sod:	942 mg	Fat:	13 g	Fiber:	10 g	Pro:	41 g	<b>18</b> <b>SPAGHETTI with MEATBALLS</b> ITALIAN BEAN BLEND TOSSED SALAD CHERRIES with WHIPPED CREAM WHOLE WHEAT DINNER ROLL  <table border="1"> <tr><td>Cal:</td><td>780</td><td>Carb:</td><td>122 g</td><td>Sod:</td><td>843 mg</td></tr> <tr><td>Fat:</td><td>20 g</td><td>Fiber:</td><td>10 g</td><td>Pro:</td><td>31 g</td></tr> </table>	Cal:	780	Carb:	122 g	Sod:	843 mg	Fat:	20 g	Fiber:	10 g	Pro:	31 g	<b>19</b> <b>CHEESE BISCUIT &amp; SAUSAGE GRAVY</b> ASPARAGUS FRUIT MEDLEY GOLDEN GLOW SALAD  <table border="1"> <tr><td>Cal:</td><td>766</td><td>Carb:</td><td>88 g</td><td>Sod:</td><td>1194 mg</td></tr> <tr><td>Fat:</td><td>31 g</td><td>Fiber:</td><td>9 g</td><td>Pro:</td><td>42 g</td></tr> </table>	Cal:	766	Carb:	88 g	Sod:	1194 mg	Fat:	31 g	Fiber:	9 g	Pro:	42 g
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<b>29</b> <b>CASHEW TURKEY SALAD</b> <b>BLACK BEAN LENTIL SOUP</b> SPINACH MANDARIN ORANGE SALAD CROISSANT  <table border="1"> <tr><td>Cal:</td><td>760</td><td>Carb:</td><td>76 g</td><td>Sod:</td><td>806 mg</td></tr> <tr><td>Fat:</td><td>29 g</td><td>Fiber:</td><td>11 g</td><td>Pro:</td><td>50 g</td></tr> </table>	Cal:	760	Carb:	76 g	Sod:	806 mg	Fat:	29 g	Fiber:	11 g	Pro:	50 g	<b>30</b> <b>FOUR CHEESE ZITI</b> ITALIAN VEGETABLES ITALIAN SALAD CRUSHED PINEAPPLE BREADSTICK  <table border="1"> <tr><td>Cal:</td><td>691</td><td>Carb:</td><td>103 g</td><td>Sod:</td><td>971 mg</td></tr> <tr><td>Fat:</td><td>16 g</td><td>Fiber:</td><td>11 g</td><td>Pro:</td><td>33 g</td></tr> </table>	Cal:	691	Carb:	103 g	Sod:	971 mg	Fat:	16 g	Fiber:	11 g	Pro:	33 g	<b>31</b> <b>STUFFED BELL PEPPER</b> LAYERED SALAD PARSLIED CARROTS CHOCOLATE PUDDING MULTIGRAIN BREAD  <table border="1"> <tr><td>Cal:</td><td>731</td><td>Carb:</td><td>97 g</td><td>Sod:</td><td>747 mg</td></tr> <tr><td>Fat:</td><td>26 g</td><td>Fiber:</td><td>17 g</td><td>Pro:</td><td>31 g</td></tr> </table>	Cal:	731	Carb:	97 g	Sod:	747 mg	Fat:	26 g	Fiber:	17 g	Pro:	31 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**

**“We must be free not because we claim freedom, but because we practice it.”**




**William Faulkner**  
 Writer, a Nobel Laureate  
 (1897-1962)

**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?

**Swiss (or Winter)** - broccoli, cauliflower  
**Italian Bean Blend** - broccoli, cauliflower, carrots, green beans, lima beans, red peppers  
**Scandinavian** - peas, zucchini, carrots, green beans  
**Emperors Stir Fry** - broccoli, baby corn, water chestnuts, pearl onions, carrots, bamboo shoots  
**Italian** - zucchini, carrots, cauliflower, Italian 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.***

## Nutritional Standards



How many of you cooked at home for your families? How often were you able to make a meal that everyone agreed they liked? I can seldom pull that off at my home and I only cook for three people! Imagine how challenging it might be to create menus that 500+ people like. Not an easy task for sure. In addition to what people like and dislike, the State of Colorado requires that Meals on Wheels menus meet certain criteria that make it that much more challenging to create meals everyone will agree upon.

Each day the meal must contain less than 1,200 mg of sodium, have greater than 9.5 gm of fiber, must offer over 30 mg of vitamin C, have over 400 mg of Calcium, and contain vitamins B6 and B12. While these are good guidelines to follow, they do present some challenges.

Sometimes recipes seem bland with the lower sodium content. In order to reach the fiber content we need, we frequently use whole wheat and multigrain bread that limit the use of other specialty breads. Dry beans are a great source of fiber and are seen often several times throughout the month.

Vitamin C is found primarily in citrus foods. Have you noticed that Meals on Wheels serves oranges and pineapple frequently? Finally, dark green vegetables help us meet State requirements even though that might be hard for people taking Coumadin. While we must meet the government criteria to qualify for funding, we also strive to offer meals that have variety and tasty options for everyone to enjoy.

## HAPPY BIRTHDAY AMERICA!!



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

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



**MEALS on WHEELS**  
MESA COUNTY



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

# The Scoop

## JULY PRESENTATIONS AT MEALS ON WHEELS MC DINING SITES

### Museum of Western Colorado Presenting "Nearby Ghost Towns"

Special guest speaker Mike Calabro, volunteer at the Museum of Western Colorado, will be giving this presentation at three dining site locations:

**Palisade Community Center - Tuesday, July 9. Lunch reservations needed by 4:00 p.m., Friday, July 5 - call 243-9844.**

**Senior Recreation Center - Monday, July 15. Lunch reservations needed by 4:00 p.m., Thursday, July 11 - call 243-9844.**

**Grand View Apartments - Monday, July 22. Lunch reservations needed by 4:00 p.m., Thursday, July 18 - call 243-9844.**

### The following simple precautions are recommended to avoid heat-related illnesses.



**Drink Plenty of Water.** It is important to drink fluids, especially if you are out in the sun. Water is the best beverage. Fruit juices and iced tea are also good.

**Avoid Alcohol.** A cold beer may sound inviting but may actually speed up dehydration. Beer, wine, and liquor on a hot day can double the risks you face from the heat.

**Use a Circulation Fan even if you have air conditioning.** A fan which keeps the air moving will let you push up the thermostat several degrees and still be comfortable.

**Use Your Basement During the Hottest Hours.** If you do not have air conditioning but you have a basement, set up housekeeping there for the duration. Basements are usually 10 degrees cooler than upstairs.

**Be A Good Neighbor.** Check on your neighbors several times during the day. Senior citizens living without air conditioning should spend the hottest hours of the day at air conditioned facilities such as shopping malls, movie theatres, or senior centers.

**Be Kind to Your Pets at the Same Time.** Pets suffer from the heat as much as you do. Provide them with shade and plenty of cool water.

**PLEASE, DO NOT LEAVE PETS IN A VEHICLE!**