


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY																																																												
<h1>AUGUST</h1>																																																																
																																																																
1 CHICKEN CHEF SALAD BROCCOLI CHEESE SOUP APPLE SUGAR COOKIE WHOLE WHEAT DINNER ROLL <table border="1"> <tr><td>Cal:</td><td>883</td><td>Carb:</td><td>95 g</td><td>Sod:</td><td>1075 mg</td></tr> <tr><td>Fat:</td><td>37 g</td><td>Fiber:</td><td>10 g</td><td>Pro:</td><td>47 g</td></tr> </table>	Cal:	883	Carb:	95 g	Sod:	1075 mg	Fat:	37 g	Fiber:	10 g	Pro:	47 g	2 SEAFOOD PASTA SALAD SPINACH & EGG SALAD 5-WAY MIXED VEGETABLES SPICED PEACHES MULTIGRAIN ROLL NUTRIGRAIN BAR <table border="1"> <tr><td>Cal:</td><td>686</td><td>Carb:</td><td>105 g</td><td>Sod:</td><td>900 mg</td></tr> <tr><td>Fat:</td><td>16 g</td><td>Fiber:</td><td>10 g</td><td>Pro:</td><td>33 g</td></tr> </table>	Cal:	686	Carb:	105 g	Sod:	900 mg	Fat:	16 g	Fiber:	10 g	Pro:	33 g	3 TERIYAKI BEEF WHITE RICE ORIENTAL VEGETABLES ASIAN BROCCOLI SALAD WHOLE WHEAT BREAD FORTUNE COOKIE <table border="1"> <tr><td>Cal:</td><td>887</td><td>Carb:</td><td>101 g</td><td>Sod:</td><td>902 mg</td></tr> <tr><td>Fat:</td><td>33 g</td><td>Fiber:</td><td>10 g</td><td>Pro:</td><td>49 g</td></tr> </table>	Cal:	887	Carb:	101 g	Sod:	902 mg	Fat:	33 g	Fiber:	10 g	Pro:	49 g	4 PIZZA PASTA ITALIAN VEGETABLES TOSSED SALAD STRAWBERRIES MULTIGRAIN ROLL <table border="1"> <tr><td>Cal:</td><td>932</td><td>Carb:</td><td>109 g</td><td>Sod:</td><td>1463 mg</td></tr> <tr><td>Fat:</td><td>35 g</td><td>Fiber:</td><td>17 g</td><td>Pro:</td><td>47 g</td></tr> </table>	Cal:	932	Carb:	109 g	Sod:	1463 mg	Fat:	35 g	Fiber:	17 g	Pro:	47 g	5 CHICKEN FAJITAS SPANISH RICE PINTO BEANS AMBROSIA DELUXE <table border="1"> <tr><td>Cal:</td><td>809</td><td>Carb:</td><td>103 g</td><td>Sod:</td><td>1131 mg</td></tr> <tr><td>Fat:</td><td>19 g</td><td>Fiber:</td><td>11 g</td><td>Pro:</td><td>55 g</td></tr> </table>	Cal:	809	Carb:	103 g	Sod:	1131 mg	Fat:	19 g	Fiber:	11 g	Pro:	55 g
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12 CHICKEN BRUSCHETTA ITALIAN SALAD CARROTS PEACHES MULTIGRAIN BREAD PEANUT BUTTER COOKIE <table border="1"> <tr><td>Cal:</td><td>830</td><td>Carb:</td><td>93 g</td><td>Sod:</td><td>951 mg</td></tr> <tr><td>Fat:</td><td>31 g</td><td>Fiber:</td><td>13 g</td><td>Pro:</td><td>49 g</td></tr> </table>	Cal:	830	Carb:	93 g	Sod:	951 mg	Fat:	31 g	Fiber:	13 g	Pro:	49 g	13 BEEF LASAGNA ITALIAN VEGETABLES SPINACH MANDARIN ORANGE SALAD PINEAPPLE MANDARIN DESSERT ITALIAN BREAD <table border="1"> <tr><td>Cal:</td><td>852</td><td>Carb:</td><td>101 g</td><td>Sod:</td><td>908 mg</td></tr> <tr><td>Fat:</td><td>29 g</td><td>Fiber:</td><td>10 g</td><td>Pro:</td><td>50 g</td></tr> </table>	Cal:	852	Carb:	101 g	Sod:	908 mg	Fat:	29 g	Fiber:	10 g	Pro:	50 g	14 SPAGHETTI SHRIMP SALAD BRUSSEL SPROUTS HARVARD BEETS PINEAPPLE TIDBITS ORANGE CORNMEAL ROLL <table border="1"> <tr><td>Cal:</td><td>682</td><td>Carb:</td><td>110 g</td><td>Sod:</td><td>703 mg</td></tr> <tr><td>Fat:</td><td>18 g</td><td>Fiber:</td><td>12 g</td><td>Pro:</td><td>222 g</td></tr> </table>	Cal:	682	Carb:	110 g	Sod:	703 mg	Fat:	18 g	Fiber:	12 g	Pro:	222 g	15 TAMALES REFRIED BEANS TOSSED SALAD CALIFORNIA VEGETABLES RED APPLESAUCE GELATIN <table border="1"> <tr><td>Cal:</td><td>759</td><td>Carb:</td><td>98 g</td><td>Sod:</td><td>1020 mg</td></tr> <tr><td>Fat:</td><td>19 g</td><td>Fiber:</td><td>15 g</td><td>Pro:</td><td>28 g</td></tr> </table>	Cal:	759	Carb:	98 g	Sod:	1020 mg	Fat:	19 g	Fiber:	15 g	Pro:	28 g	16 TUNA SALAD ON A BUN THREE BEAN SALAD GOLDEN GLOW SALAD MIXED BERRIES <table border="1"> <tr><td>Cal:</td><td>666</td><td>Carb:</td><td>98 g</td><td>Sod:</td><td>1195 mg</td></tr> <tr><td>Fat:</td><td>17 g</td><td>Fiber:</td><td>12 g</td><td>Pro:</td><td>37 g</td></tr> </table>	Cal:	666	Carb:	98 g	Sod:	1195 mg	Fat:	17 g	Fiber:	12 g	Pro:	37 g
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26 MONTEREY CHICKEN with SAUCE BAKED SWEET POTATO SNAP PEAS CRANBERRY APPLESLAW BLUSHING PEARS RYE BREAD <table border="1"> <tr><td>Cal:</td><td>873</td><td>Carb:</td><td>129 g</td><td>Sod:</td><td>1139 mg</td></tr> <tr><td>Fat:</td><td>20 g</td><td>Fiber:</td><td>16 g</td><td>Pro:</td><td>48 g</td></tr> </table>	Cal:	873	Carb:	129 g	Sod:	1139 mg	Fat:	20 g	Fiber:	16 g	Pro:	48 g	27 SHEPHERD'S PIE YELLOW SQUASH TOSSED SALAD ORANGE RYE BREAD <table border="1"> <tr><td>Cal:</td><td>745</td><td>Carb:</td><td>79 g</td><td>Sod:</td><td>1099 mg</td></tr> <tr><td>Fat:</td><td>36 g</td><td>Fiber:</td><td>10 g</td><td>Pro:</td><td>32 g</td></tr> </table>	Cal:	745	Carb:	79 g	Sod:	1099 mg	Fat:	36 g	Fiber:	10 g	Pro:	32 g	28 SLOPPY JOE ON A BUN CHATEAU VEGETABLES BROCCOLI RAISIN SALAD APPLE VANILLA PUDDING & VANILLA WAFERS <table border="1"> <tr><td>Cal:</td><td>909</td><td>Carb:</td><td>129 g</td><td>Sod:</td><td>1164 mg</td></tr> <tr><td>Fat:</td><td>29 g</td><td>Fiber:</td><td>13 g</td><td>Pro:</td><td>39 g</td></tr> </table>	Cal:	909	Carb:	129 g	Sod:	1164 mg	Fat:	29 g	Fiber:	13 g	Pro:	39 g	29 CHICKEN CACCIATORE AU GRATIN POTATOES BROCCOLI BANANA MANDARIN ORANGE GELATIN BREADSTICK <table border="1"> <tr><td>Cal:</td><td>822</td><td>Carb:</td><td>125 g</td><td>Sod:</td><td>1137 mg</td></tr> <tr><td>Fat:</td><td>14 g</td><td>Fiber:</td><td>10 g</td><td>Pro:</td><td>52 g</td></tr> </table>	Cal:	822	Carb:	125 g	Sod:	1137 mg	Fat:	14 g	Fiber:	10 g	Pro:	52 g	30 SALMON PATTY with DILL SAUCE RICE PILAF SPINACH OAT BRAN MUFFIN PINEAPPLE ORANGE COMPOTE <table border="1"> <tr><td>Cal:</td><td>776</td><td>Carb:</td><td>97 g</td><td>Sod:</td><td>1112 mg</td></tr> <tr><td>Fat:</td><td>31 g</td><td>Fiber:</td><td>10 g</td><td>Pro:</td><td>35 g</td></tr> </table>	Cal:	776	Carb:	97 g	Sod:	1112 mg	Fat:	31 g	Fiber:	10 g	Pro:	35 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.



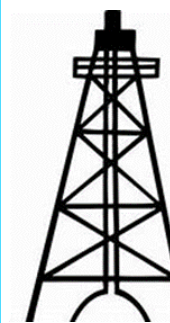
Dining Sites

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**

“My formula for success is rise early, work late, and strike oil.”



**J. Paul Getty,
 Industrialist,
 Founder of Getty
 Oil Co.
 (1892-1976)**

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 frozen meals to deliver. 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?

- 5-Way** - carrots, peas, corn, green beans, lima beans
- California** - broccoli, cauliflower, carrots
- Oriental** - broccoli, green beans, onions, mushrooms, red peppers
- Italian** - zucchini, carrots, cauliflower, Italian green beans, lima beans
- Stir Fry** – snap peas, broccoli, bean sprouts, water chestnuts
- 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.



MEALS ON WHEELS
MESA COUNTY



AUGUST 2019 *“What’s cooking with senior nutrition in Mesa County!”*

The Scoop

AUGUST PRESENTATIONS AT MEALS ON WHEELS MC DINING SITES

Grand Junction Senior Theater Performing - 11:30 to Noon

Senior Recreation Center - Tuesday, August 6. *Reservations for lunch needed by 4:00 p.m., Friday, August 2 - call 243-9844.*

Clifton Hall - Wednesday, August 7. *Reservations for lunch needed by 4:00 p.m., Monday, August 5 - call 243-9844.*

Monterey Park Apartments - Thursday, August 8. *Reservations for lunch needed by 4:00 p.m., Tuesday, August 6 - call 243-9844.*

Palisade Community Center – Tuesday, August 20. MOW registered dietitian, Holly Krouse, will be giving a presentation on “Nutritional Benefits of Protein”. *Reservations for lunch needed by 4:00 p.m., Friday, August 16 - call 243-9844.*

Please Note: The Fruita Community Center will be holding an event on Tuesday, August 6. As such, Meals on Wheels will not be serving lunch there on that day.

Hand Washing



Did you know that hand washing is the single most effective way to stop the spread of infection? Your hands may look clean, but often they are not. To keep food safe, you should wash your hands before preparing food. You should also wash them when you move from one task to another. For

example, if you are mixing meatloaf and then make a salad, be sure to scrub! If you get side-tracked during meal preparation by the phone or a visitor at the door, it’s always a good idea to wash your hands again.

To wash your hands correctly, start by wetting your hands with warm water. Lather with soap and scrub between your fingers, on the backs of your hands, and under your nails. Be sure to get half way up your forearm. Lather for at least 20 seconds. Rinse your hands from the elbow down. Dry. Use a paper towel to turn off the faucet and keep those clean hands clean.

Don’t get caught dirty handed - keep food safe!

On July 23, we welcomed servicemen from the Carrier Airborne Early Warning Squadron (VAW) 117 to help us deliver meals on Route 20. They had a wonderful time and were very touched by the welcome they received from clients. They were also very glad to be able to talk with the six veterans that are on that route and to be able to thank them for their service. Our clients were equally tickled to see the uniforms arrive at their door!



Visit our website: mealsonwheelmesacounty.org

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