

This food and health information is from Meals on Wheels Mesa County dietitian: Our dietitian, monitors our compliance with state guidelines for key nutrients such as vitamin C, sodium, calcium, fiber, and more.



Nutritional Standards—Vitamin B

Did you know there are eight different B vitamins? Meals on Wheels is required to monitor B6 and B12 in our menus because they are so important.

B vitamins are necessary because they help your body utilize energy from the foods you eat. They also help form red blood cells. B vitamins are found in foods that contain protein like meat, dairy, and beans. They are also found in leafy green vegetables. B vitamins are so important that many cereals and breads are fortified with vitamin B.

A lack of certain kinds of vitamin B can cause anemia and a lack of energy. It can also result in confusion and cause skin issues. People who suffer from Celiac Disease, Chron's Disease, and Liver Disease often have vitamin B deficiencies because their body cannot absorb these vitamins well.

B vitamins are most easily absorbed when they are part of foods we eat. Eating a well-balanced diet that includes eggs, red meat, chicken, fish, dark green vegetables and whole grain will help you get enough of these important vitamins.

-Article provided by Holly Krouse, Registered Dietitian

Make Lunch Fun!

Even being by yourself, you can add to your eating experience.

Try setting the table with silverware and a placemat, and find a few items to make a centerpiece.

Take your meal out of the trays and put it on a plate.

If your doctor says it is okay, you can add other spices to your food.

Once a week try eating at a different spot in your home.



970-298-9844
698 Long Acre Drive, 81505

The Scoop

What to do if you won't be home during delivery...

Call Meals on Wheels at least one day in advance, before 4pm, to let us know you won't be home so we can cancel your delivery.

If you have any appointments scheduled between 10:30 and 12:30, you need to call and cancel. Just because "most days" your meal comes at a certain time, there is no guarantee that will happen every day.

The State of Colorado does not allow us to enter homes when no one is home, and we can't leave food outside unless it is in a refrigerator.

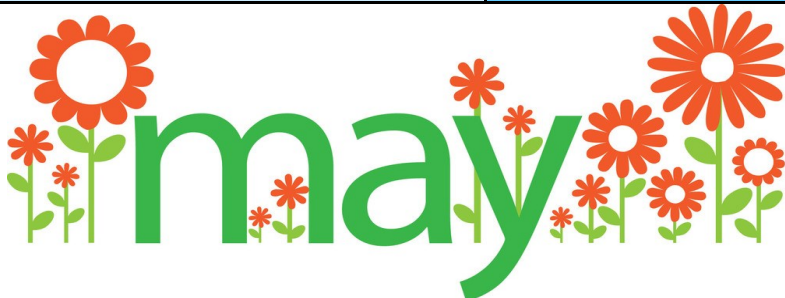
Our office takes phone calls up until 4:00 pm. If you need to cancel for Monday, be sure to call on Friday before 4pm.

If you call to cancel your meal in the morning before drivers leave, the kitchen has already prepared and started to pack your food. While we know emergencies happen and we still want you to call, most likely there will be a slip on your door saying that you missed your meal.

As a nonprofit program we are trying to be very good stewards of each dollar we receive. This is especially important when we have a waiting list of individuals who would like our services. When we receive calls to cancel the same morning, this adds to our waste. We appreciate each one of you that calls ahead of time. You help us run our operation smoothly and effectively each day.



Visit our website: mealsonwheelsmesacounty.org
Follow us on Facebook

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Home Delivery Customers

- Meals delivered between 10:30 a.m. and 12:30 p.m.
- Call **298-9844 ext. 3** if you have not received your meal by 12:45 p.m.
- Call before 3:30pm if you need to make a change in your service for the next day.

Dining Sites

All reservations must be in by 3:30pm the day before.
970-298-9844

Clifton Community Campus:
M W TH F 12:00-12:30
3270 D 1/2 Rd, Clifton

**Palisade Civic Center
Gymnasium**
Tues. & Thurs. 12:00-12:30
711 W. 7th St., Palisade

Fruita Community Center
M T W F 12:00-12:30
324 N. Coulson St., Fruita

Grand View Apts.
M-Th 12:00-12:30
1501 N. 1st St., GJ

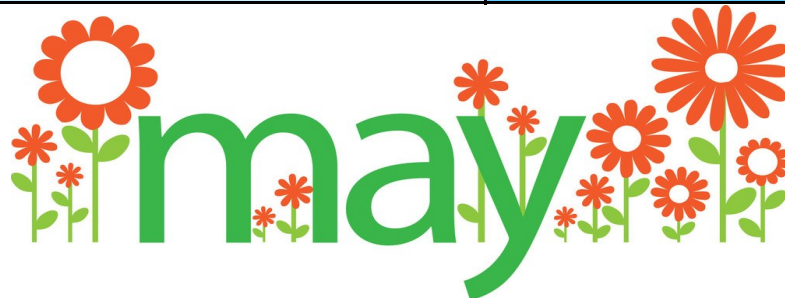

OPEN TO RESIDENTS ONLY:
Ratekin Towers Apartments
M-F 12:00-12:30

AVAILABLE UPON REQUEST:
Colbran Congregational Church
Mesa Community Center

Dining Site Game Days—all diners are welcome to join us for pre-lunch fun!

MONDAY/ Games	TUESDAY/ Games	WEDNESDAY/ Games	THURSDAY/ Games	FRIDAY/ Games
	Palisade Civic Center: Every 4th Tuesday 11:30 a.m. - 12:00 p.m. Grand View Apartments: Every 2nd Tuesday 11:00 a.m. - 12:00 p.m.	Fruita Community Center: Every 3rd Wednesday 11:30 a.m. - 12:00 p.m.	Ratekin Towers: Every 2nd Thursday 11:30 a.m. - 12:00 pm.	Clifton Community Campus: Every 2nd Friday 11:30 a.m. - 12:00 p.m.

- Meals include 1% milk
- The suggested meal donation for customers 60+ is \$3.50.
- Meals on Wheels Mesa County uses the following major food allergens as ingredients: milk, egg, fish, crustacean shellfish, tree nuts, peanuts, wheat, soy, and sesame. Please notify staff for more information about these ingredients.

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12 HAPPY MOTHER'S DAY DENVER OMELET BAKE HASHBROWN PATTY COFFEE CAKE MELON MEDLEY ORANGE JUICE <table border="1"> <tr><td>Cal:</td><td>608</td><td>Carb:</td><td>91 g</td><td>Sod:</td><td>860 mg</td></tr> <tr><td>Fat:</td><td>20 g</td><td>Fiber:</td><td>5 g</td><td>Pro:</td><td>20 g</td></tr> </table>	Cal:	608	Carb:	91 g	Sod:	860 mg	Fat:	20 g	Fiber:	5 g	Pro:	20 g	13 BEEF TIPS OVER MASHED POTATOES SEASONED BRUSSEL SPROUTS FRESH APPLE MULTIGRAIN BREAD Grand View Apartments Game Day 11:00—12:00 <table border="1"> <tr><td>Cal:</td><td>846</td><td>Carb:</td><td>94 g</td><td>Sod:</td><td>671 mg</td></tr> <tr><td>Fat:</td><td>30 g</td><td>Fiber:</td><td>17 g</td><td>Pro:</td><td>62 g</td></tr> </table>	Cal:	846	Carb:	94 g	Sod:	671 mg	Fat:	30 g	Fiber:	17 g	Pro:	62 g	14 CHICKEN CEASAR SALAD POTATO SOUP ORANGE PEACH CRISP WHEAT DINNER ROLL <table border="1"> <tr><td>Cal:</td><td>970</td><td>Carb:</td><td>136 g</td><td>Sod:</td><td>1089 mg</td></tr> <tr><td>Fat:</td><td>27 g</td><td>Fiber:</td><td>13 g</td><td>Pro:</td><td>51 g</td></tr> </table>	Cal:	970	Carb:	136 g	Sod:	1089 mg	Fat:	27 g	Fiber:	13 g	Pro:	51 g	8 ROAST BEEF MASHED POTATOES / GRAVY BUTTERED BROCCOLI CUCUMBER & TOMATO SALAD BERRIES WHOLE WHEAT BREAD Ratekin Towers Game Day 11:30—12:00 <table border="1"> <tr><td>Cal:</td><td>688</td><td>Carb:</td><td>69 g</td><td>Sod:</td><td>678 mg</td></tr> <tr><td>Fat:</td><td>27 g</td><td>Fiber:</td><td>10 g</td><td>Pro:</td><td>42 g</td></tr> </table>	Cal:	688	Carb:	69 g	Sod:	678 mg	Fat:	27 g	Fiber:	10 g	Pro:	42 g	9 CRAB CAKE BAKE 😊 BAKED POTATO / SOUR CREAM SPINACH MANDARIN SALAD FRUIT COCKTAIL Clifton Community Center Game Day 11:30—12:00 <table border="1"> <tr><td>Cal:</td><td>721</td><td>Carb:</td><td>116 g</td><td>Sod:</td><td>931 mg</td></tr> <tr><td>Fat:</td><td>18 g</td><td>Fiber:</td><td>10 g</td><td>Pro:</td><td>27 g</td></tr> </table>	Cal:	721	Carb:	116 g	Sod:	931 mg	Fat:	18 g	Fiber:	10 g	Pro:	27 g
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19 CHICKEN WITH MUSHROOM SAUCE MASHED POTATOES CALIFORNIA VEGETABLES CARROT RAISIN SALAD FRESH APPLE MULTIGRAIN BREAD <table border="1"> <tr><td>Cal:</td><td>613</td><td>Carb:</td><td>93 g</td><td>Sod:</td><td>1066 mg</td></tr> <tr><td>Fat:</td><td>14 g</td><td>Fiber:</td><td>13 g</td><td>Pro:</td><td>34 g</td></tr> </table>	Cal:	613	Carb:	93 g	Sod:	1066 mg	Fat:	14 g	Fiber:	13 g	Pro:	34 g	20 HAM TETRAZZINI CAULIFLOWER TOSSED SALAD/RANCH FRESH BANANA RYE BREAD <table border="1"> <tr><td>Cal:</td><td>755</td><td>Carb:</td><td>109 g</td><td>Sod:</td><td>1055 mg</td></tr> <tr><td>Fat:</td><td>20 g</td><td>Fiber:</td><td>10 g</td><td>Pro:</td><td>39 g</td></tr> </table>	Cal:	755	Carb:	109 g	Sod:	1055 mg	Fat:	20 g	Fiber:	10 g	Pro:	39 g	21 BEEF ENCHILADA CASSEROLE SPANISH RICE REFRIED BEANS SHREDDED LETTUCE & TOMATO PINEAPPLE & MANDARIN ORANGES <table border="1"> <tr><td>Cal:</td><td>805</td><td>Carb:</td><td>97 g</td><td>Sod:</td><td>845 mg</td></tr> <tr><td>Fat:</td><td>29 g</td><td>Fiber:</td><td>14 g</td><td>Pro:</td><td>39 g</td></tr> </table>	Cal:	805	Carb:	97 g	Sod:	845 mg	Fat:	29 g	Fiber:	14 g	Pro:	39 g	15 TUNA NOODLE CASSEROLE CALIFORNIA BLEND VEGETABLES TROPICAL FRUIT MULTIGRAIN BREAD <table border="1"> <tr><td>Cal:</td><td>772</td><td>Carb:</td><td>82 g</td><td>Sod:</td><td>723 mg</td></tr> <tr><td>Fat:</td><td>30 g</td><td>Fiber:</td><td>12 g</td><td>Pro:</td><td>45 g</td></tr> </table>	Cal:	772	Carb:	82 g	Sod:	723 mg	Fat:	30 g	Fiber:	12 g	Pro:	45 g	16 SALISBURY STEAK 😊 MASHED POTATOES ASPARAGUS PEACHES WHOLE WHEAT BREAD <table border="1"> <tr><td>Cal:</td><td>837</td><td>Carb:</td><td>81 g</td><td>Sod:</td><td>949 mg</td></tr> <tr><td>Fat:</td><td>21 g</td><td>Fiber:</td><td>15 g</td><td>Pro:</td><td>29 g</td></tr> </table>	Cal:	837	Carb:	81 g	Sod:	949 mg	Fat:	21 g	Fiber:	15 g	Pro:	29 g
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26 CLOSED FOR  MEMORIAL DAY	27 TURKEY SANDWICH TOMATO SOUP BRUSSEL SPROUTS CRANBERRY SAUCE FRESH APPLE Palisade Civic Center Game Day 11:30—12:00 <table border="1"> <tr><td>Cal:</td><td>684</td><td>Carb:</td><td>107 g</td><td>Sod:</td><td>863 mg</td></tr> <tr><td>Fat:</td><td>17 g</td><td>Fiber:</td><td>17 g</td><td>Pro:</td><td>36 g</td></tr> </table>	Cal:	684	Carb:	107 g	Sod:	863 mg	Fat:	17 g	Fiber:	17 g	Pro:	36 g	28 CHICKEN PARMESAN FETTUCCINE ITALIAN VEGETABLES APPLESAUCE MULTIGRAIN BREAD <table border="1"> <tr><td>Cal:</td><td>757</td><td>Carb:</td><td>96 g</td><td>Sod:</td><td>552 mg</td></tr> <tr><td>Fat:</td><td>24 g</td><td>Fiber:</td><td>10 g</td><td>Pro:</td><td>43 g</td></tr> </table>	Cal:	757	Carb:	96 g	Sod:	552 mg	Fat:	24 g	Fiber:	10 g	Pro:	43 g	22 TERIYAKI BEEF STEAMED RICE ORIENTAL VEGETABLES TROPICAL FRUIT WHOLE WHEAT BREAD FORTUNE COOKIE <table border="1"> <tr><td>Cal:</td><td>873</td><td>Carb:</td><td>101 g</td><td>Sod:</td><td>923 mg</td></tr> <tr><td>Fat:</td><td>24 g</td><td>Fiber:</td><td>15 g</td><td>Pro:</td><td>64 g</td></tr> </table>	Cal:	873	Carb:	101 g	Sod:	923 mg	Fat:	24 g	Fiber:	15 g	Pro:	64 g	23 CHICKEN STRIPS HONEY MUSTARD SAUCE BAKED SWEET POTATO CUCUMBER TOMATO SALAD MANDARIN ORANGES WHOLE WHEAT DINNER ROLL <table border="1"> <tr><td>Cal:</td><td>728</td><td>Carb:</td><td>101 g</td><td>Sod:</td><td>908 mg</td></tr> <tr><td>Fat:</td><td>23 g</td><td>Fiber:</td><td>12 g</td><td>Pro:</td><td>32 g</td></tr> </table>	Cal:	728	Carb:	101 g	Sod:	908 mg	Fat:	23 g	Fiber:	12 g	Pro:	32 g												
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	28 CHICKEN PARMESAN FETTUCCINE ITALIAN VEGETABLES APPLESAUCE MULTIGRAIN BREAD <table border="1"> <tr><td>Cal:</td><td>757</td><td>Carb:</td><td>96 g</td><td>Sod:</td><td>552 mg</td></tr> <tr><td>Fat:</td><td>24 g</td><td>Fiber:</td><td>10 g</td><td>Pro:</td><td>43 g</td></tr> </table>	Cal:	757	Carb:	96 g	Sod:	552 mg	Fat:	24 g	Fiber:	10 g	Pro:	43 g	29 PORK SAUSAGE & GRAVY OVER A BISCUIT ASPARAGUS SPINACH MANDARIN SALAD MIXED BERRIES PINEAPPLE <table border="1"> <tr><td>Cal:</td><td>811</td><td>Carb:</td><td>103 g</td><td>Sod:</td><td>1085 mg</td></tr> <tr><td>Fat:</td><td>29 g</td><td>Fiber:</td><td>12 g</td><td>Pro:</td><td>38 g</td></tr> </table>	Cal:	811	Carb:	103 g	Sod:	1085 mg	Fat:	29 g	Fiber:	12 g	Pro:	38 g	30 BEEF MACARONI CASSEROLE 😊 MONTE CARLO VEGETABLES TOSSED SALAD MANDARIN ORANGE/COTTAGE CHEESE CORNBREAD <table border="1"> <tr><td>Cal:</td><td>852</td><td>Carb:</td><td>119 g</td><td>Sod:</td><td>952 mg</td></tr> <tr><td>Fat:</td><td>25 g</td><td>Fiber:</td><td>12 g</td><td>Pro:</td><td>39 g</td></tr> </table>	Cal:	852	Carb:	119 g	Sod:	952 mg	Fat:	25 g	Fiber:	12 g	Pro:	39 g																									
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Home Delivery Customers

- Meals delivered between 10:30 a.m. and 12:30 p.m.
- Call **298-9844 ext. 3** if you have not received your meal by 12:45 p.m.
- Call before 3:30pm if you need to make a change in your service for the next day.

Dining Sites

All reservations must be in by 3:30pm the day before.
970-298-9844

Clifton Community Campus:
M W TH F 12:00-12:30
3270 D 1/2 Rd, Clifton

**Palisade Civic Center
Gymnasium**
Tues. & Thurs. 12:00-12:30
711 W. 7th St., Palisade

Fruita Community Center
M T W F 12:00-12:30
324 N. Coulson St., Fruita



Grand View Apts.
M-Th 12:00-12:30
1501 N. 1st St., GJ

OPEN TO RESIDENTS ONLY:
Ratekin Towers Apartments
M-F 12:00-12:30

AVAILABLE UPON REQUEST:
Colbran Congregational Church
Mesa Community Center

- Meals include 1% milk
- The suggested meal donation for customers 60+ is \$3.50.
- Meals on Wheels Mesa County uses the following major food allergens as ingredients: milk, egg, fish, crustacean shellfish, tree nuts, peanuts, wheat, soy, and sesame. Please notify staff for more information about these ingredients.