

Menu and More

TRADITIONAL MENU

JANUARY 2024



We will be **CLOSED**
Monday, January 1st for New Years Day and Monday, January 15th
for Martin Luther King, Jr. Birthday
There will be no meal delivery on those days.



HEALTHY EATING IN 2024 - FROM AN ARTICLE BY TARA SMITH, RD

We know that healthy eating can be challenging for some, yet easier for others. Mixed messages about what to eat or not eat can leave many people confused. Meals on Wheels makes healthy eating a little less challenging for our participants. We carefully plan meals with health and nutrition as a top priority.

Nutrients in the foods we eat perform important roles in the body, so eating a variety of nutrient-dense foods regularly is an important foundation for healthy eating. This is one reason why Meals on Wheels follows a standard meal template specific to portion sizes and types of foods offered to our participants.

Each of our meals consists of:

- 3-4 ounces entrée (protein)
- 2 vegetables, 3-4 ounces each
- 2 fruits, 3-4 ounces each
- 1 grain, 1 – 1 ½ ounces each
- 1 milk



A variety of foods within each food group are chosen for the monthly menu cycle so they contribute to a wider intake of nutrients. For example, rice, pasta, and bread are all grains but are not identical in the nutrients they provide. And variety prevents boredom with eating the same foods each day! Supplementing meals with nutritious snacks, when needed, is a great way to establish and maintain healthy eating habits. Fruits and vegetables make great snacks and provide lots of health-promoting qualities like dietary fiber and antioxidants. Eating different colors of fruits and vegetables (think “rainbow”) will ensure a variety of nutrients too.

Be sure to discuss any dietary changes with your healthcare provider to appropriately manage any medical conditions that you may have, such as diabetes, high blood pressure or heart disease. It’s never too late to make healthy eating a priority!

contact us!

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January 2024 – Traditional Menu

Mon	Tue	Wed	Thu	Fri
1 CLOSED for New Years 	2 Pinto Beans Collard Greens Mac & Cheese Cornbread Marinated Vegetable Salad Fruit	3 Beef Stroganoff over Noodles Squash Medley Baked Apples Macaroni Salad Fruit Chocolate Cake	4 Carved Turkey & Dressing w/ Gravy Roasted Sweet Potatoes Green Beans Wheat Roll Broccoli Salad Fruit	5 Beef Goulash Vegetable Medley Black Beans Cinnamon Peaches Fruit Gelatin Fruit
8 Chopped Steak Oven Roasted Potatoes Baked Apples Wheat Roll Sweet & Sour Coleslaw Carrot Raisin Salad	9 Stuffed Peppers w/ Red Sauce Green Beans Carrots Italian Pasta Salad Fancy Apple Salad Fruit	10 Chicken Marsala over Egg Noodles Green Peas Cauliflower Fruit Tossed Salad w/ Dressing Yellow Cake Square	11 Baked Spaghetti Spinach Corn Beets Fruit Applesauce	12 Chicken Cordon Bleu Vegetable Medley Cabbage Spinach Salad w/ Dressing Fruit Gelatin Fruit
15 CLOSED Martin Luther King, Jr. Day 	16 Shepherd's Pie Stewed Tomatoes Corn Broccoli Cauliflower Salad Fruit Gelatin Fruit	17 Baked Mac & Cheese Carrots Collard Greens Fancy Apple Salad Fruit Cornbread	18 Beef Stew Vegetable Medley Spinach Fruit Waldorf Salad Brownie	19 Stir-fried Chicken over Rice Broccoli Roasted Sweet Potatoes Wheat Roll Fruit Gelatin
22 Cuban Chicken Green Beans Corn Macaroni Salad Fruit Applesauce	23 Baked Fish w/ Red Sauce Squash Casserole Broccoli Coleslaw Fruit Tropical Fruit Whip	24 Meatloaf w/ Ketchup Glaze Mashed Potatoes Carrots Wheat Roll Fruit Fancy Apple Salad	25 Chicken & Dumplings Cabbage Turnip Greens Carrot Raisin Salad Fruit Fruit Cocktail	26 Turkey Sausage Biscuit Scrambled Eggs Hashbrowns Two Tomato Slices Pineapple Delight Fruit
29 Chicken Ranch Casserole Corn Green Peas Wheat Roll Sweet & Sour Coleslaw Fruit	30 Baked Spaghetti Spinach Vegetable Medley Beets Fruit Applesauce	31 Pork Chops Cabbage Casserole Turnip Greens Potato Salad Fruit Brownie	<u>Meat Substitute Meal</u> Chopped Steak Broccoli Vegetable Medley Roll Fruit Fruit Gelatin	<u>Vegetable Substitute Meal</u> Great Northern Beans Broccoli Vegetable Medley Roll Fruit Fruit Gelatin