


# AUGUST 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY AVERAGE
		1 Turkey Primavera Garden Vegetables Garlic Bread Banana Spice Cake	2 Chicken & Dumplings French Green Beans Wheat Roll Applesauce Banana Pudding with Vanilla Wafers	3 Soft Taco Black Beans Mexi Corn Tropical Fruit	772.7 Calories 37.9g Protein 101.5g Carbohydrates 19.7g Fat 944.6 mg Sodium
6 Spaghetti & Meatballs Italian Blend Garlic Bread Pineapple Chunks Cinnamon Cookie	7 Chicken Nuggets Mashed Potatoes & Gravy Succotash Wheat Roll Fruit Cocktail	8 Chili Dog on Bun Seasoned Potato Wedges Carrots Pears	9 Ranch Chicken Scalloped Potatoes Normandy Blend Wheat Roll Apricots	10 Beef Stroganoff Ranchero Blend Wheat Roll Mixed Fruit Vanilla Wafers	753.9 Calories 34.4g Protein 93.2g Carbohydrates 24.6g Fat 894.4 mg Sodium
13 Cheesy Beef Ziti Scandinavian Blend Wheat Roll Applesauce	14 Hawaiian Chicken over Rice Caribbean Blend Garlic Bread Pineapple Chunks	15 Hamburger on Bun Stewed Tomatoes Potato Wedges Tropical Fruit Grandma Salad	16 Turkey Sandwich Potato Salad Coleslaw Peaches	17 Chicken Alfredo Monaco Blend Garlic Bread Lemon Medley	752.4 Calories 37.5g Protein 88.5g Carbohydrates 21.3g Fat 865.7mg Sodium
20 Country Fried Steak Mashed Potatoes & Gravy Corn Wheat Roll Pears	21 Honey Mustard Chicken over Rice Ranchero Blend Garlic Bread Tropical Fruit	22 Chef Salad Hardboiled Egg Pea Salad Club Crackers Plums	23 Meatballs & Creamy Noodles California Blend Wheat Roll Pineapple Chunks	24 Chicken & Noodles Mashed Potatoes Green Beans Wheat Roll Fruit Cocktail Chocolate Pudding	812.1 Calories 35.1g Protein 94.0g Carbohydrates 30.0g Fat 911.9 mg Sodium
27 Italian Chicken Sweet Potatoes Normandy Blend Dinner Roll Tropical Fruit	28 Battered Fish Baby Bakers Ranchero Blend Wheat Roll Peaches Rice Krispy	29 Swiss Steak Over Rice Capri Blend Garlic Bread Pineapple Chunks	30 BBQ Pork on bun Potato Wedges Creamed Peas Orange	31 Meatloaf Mashed Potatoes & Gravy Caribbean Blend Wheat Roll Mixed Fruit	826.6 Calories 37.6g Protein 109.3g Carbohydrates 22.2g Fat 864.1 mg Sodium
<b>SEPTEMBER 2018</b>					
 <b>Labor Day</b> 3 Meals on Wheels Office Closed	4 Beef Shepherd's Pie Glazed Beets Green Beans Dinner Roll Mixed Fruit	5 BBQ Chicken Baked Beans Herb Potato Salad Wheat Roll Peach Crisp	6 Lemon Pepper Fish Garlic Mashed Potatoes Cabbage Wheat Roll Applesauce	7 Creamy Pesto Chicken Mashed Yams Green Peas Dinner Roll Pears	804.0 Calories 40.8g Protein 98.8g Carbohydrates 28.6g Fat 776 mg Sodium

**Meals on Wheels of Eastern Kansas Inc. thanks you for allowing us to assist with your nutritional needs!**

Cancellations must be called in before 3:00 p.m. the day before the meal by calling our office at 295-3980.

Menus are subject to change without notice  
Mechanical diets may be different from what is printed.  
Food Stamps or Vision Cards accepted



All meals include 1% Milk  
(SF) = Sugar Free for Diabetic  
All client contributions go back into the  
program for meal provision