



SEPT. 09

Meals on Wheels Of Kenosha County

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	Scalloped Potatoes & Ham Green Beans Dinner Roll Orange	BBQ Rib Sandwich Potato Salad Pickles Watermelon Sherbet	Chicken Parmesan Rotini Tossed Salad Apricots	Fish Filet Oven Browned Potatoes Sicilian Blend Vegetables Banana Lemon Pie
7	8	9	10	11
Closed for LABOR DAY	Baked Chicken Mashed Potatoes Broccoli Cranberry Jell-O	Beef Tips over Noodles Green Beans Biscuit Strawberries	Spaghetti w/Meat Sauce Tossed Salad Breadstick Peaches	Baked Cod Baked Potato Coleslaw Banana Rhubarb Pie
14	15	16	17	18
Salisbury Steak Baked Potato Corn Orange Fluff	Ham Loaf Au Gratin Potatoes Sicilian Blend Vegetables Dinner Roll Pears	Chicken Kiev Wild Rice Green Beans Apricots	Mosticiolli w/ Meat sauce Tossed Salad Breadstick Oranges	Fish Filet Potato Wedges Coleslaw Banana Chocolate Cream Pie
21	22	23	24	25
Beef & Broccoli over Rice Carrots Strawberries & Cream	Roast Turkey Mashed Potatoes Broccoli / Cauliflower Mix Cranberry Jell-O	Chicken Sandwich Potato Salad Pickles Mixed Vegetables Watermelon	Lasagna Tossed Salad Breadstick Peaches	Fish Sandwich Roasted Potatoes Creamy Coleslaw Banana Apple Pie
28	29	30		
Bratwurst German Potato Salad Green Beans Pineapple-Cherry Salad	Baked Chicken Mashed Potatoes Peas Cranberry Sauce	Salisbury Steak Baked Potato Buttered Corn Strawberries & Cream		

MEALS ON WHEELS

SEPTEMBER
2009

For Meals on
Wheels
Information
Please Call:
658-0237



Our meals are “Heart Healthy”, meaning that they are low fat, low cholesterol, no added salt and serving no fried foods. If you have other needs not met by the above diets, please ask. Contact your Site Manager for more details.

Raise the Bar with Your Salad

Whether it's a help-yourself salad bar or one where someone makes a salad with ingredients you choose, here are some tips to pack the most taste and punch into your salad. With everything that's in it, a salad truly eats like a meal.

Choose one of the following lettuces: spinach, romaine or mixed field greens (about two cups total).

Choose two or more of the following colorful vegetables: tomatoes, carrots, green beans, peppers, onions or cucumbers (about one cup total).

Choose two of the following lean meats and/or beans: tuna, roasted turkey, grilled chicken, chickpeas, tofu, kidney beans or other beans (about three 1-ounce equivalents in total).

Choose one of the following cheeses: shredded cheddar, crumbled feta cheese or fresh mozzarella (about one ounce total).

Choose one or more of the following to top your salad: vinaigrette or any low-fat salad dressing (about two tablespoons); mustard, lemon juice and light mayonnaise may also be used or combined to make a salad dressing.

Choose one of the following to accompany your salad: green or red grapes, green apple slices, dried apricots or raisins or another dried fruit (about two tablespoons).

The amounts of each item will vary depending on your individual calorie needs and food preferences.

Source: *So What Can I Eat?! How to Make Sense of the New Dietary Guidelines for Americans and Make Them Your Own* (Wiley 2006), Elisa Zied, MS, RD, with Ruth Winter, MS.

Produced by ADA's Public Relations Team

Friendly Reminders for your Meals Delivery

- **Please be home to receive your meal** unless you have made prior arrangements with the office, 24 hours before your delivery. If the office is not informed of delivery changes before delivery, your meal cannot be left for you.
- ***Cancellations must be made 24 hours in advance by 12:00 noon** the day before you wish to cancel. We are closed on weekends, so Monday cancellations must be called by noon the Friday before.
- ***Please be near your door for your meal delivery.** Your readiness will ensure that others on your route will **get their meal on time!**
- ***Drivers cannot pass messages to the office.**

Please call the office if you have any questions or concerns.