



SEPT. 09 Meals on Wheels Of Kenosha County

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	Beef Barley Soup Parslied Carrots Peas & Onions Wheat Bread Cantaloupe	Oven Fried Chicken Drumsticks Mashed Potatoes & Gravy Mixed Vegetables Wheat Bread Fruited Jello	Ham Salad Lettuce & Tomato Creamy Broccoli Salad Ry Krisp Crackers Chilled Apricots	Mostaccioli & Meatsauce Italian Mixed Vegetables French Bread Ranger Cookie
7	8	9	10	11
Closed for LABOR DAY	Chicken Salad Romaine Lettuce Garnish Herbed Tomato Wedges Multigrain Bread Chilled Pears	Diced Pork in Rosemary Sauce Garlic Mashed Potatoes California Blend Vegetables Marble Rye Bread Cake	All Beef Hot Dog Oven Browned Potatoes Parslied Carrots Hot Dog Bun Banana	Potato Crusted Fish Fillet Peas & Onions Corn Wheat Bread Fresh Melon
14	15	16	17	18
Beef Tips Burgundy Mashed Potatoes Broccoli Wheat Bread Mandarin Oranges	Barbecued Country Pork Au Gratin Potatoes Parslied Cauliflower Multigrain Dinner Roll Chilled Peaches	Chicken Tarragon Peas Coleslaw Baking Powder Biscuit Hot Glazed Apples	Tuna Salad Supreme w/ Lettuce & Tomato American Potato Salad Rye Bread Fruit Cup	Sicilian Meatball Soup Potatoes Italiano Italian Green Beans Wheat Bread Iced Sugar Cookie
21	22	23	24	25
Chicken Breast ala Orange Savory Brown Rice Green Beans & Onions Multigrain Dinner Roll Chilled Apricots	Italian Beef Sandwich California Blend Vegetables Stewed Tomatoes Sliced Wheat Bun Vanilla Pudding	Kielbasa Scalloped Potatoes Spinach Rye Bread Chilled Peaches	Turkey & Gravy Baked Sweet Potatoes Broccoli Multigrain Bread Cherry Crisp	Meatloaf & Gravy Mashed Potatoes Harvard Beets Rye Bread Applesauce
28	29	30		
Pork Tips Marsala Mashed Potatoes Parslied Carrots Marble Rye Bread Chocolate Chip Oatmeal Bar	Spaghetti & Meatballs Mixed Green Salad Garlic Bread Chilled Pears	BLT Chicken Salad Mixed Salad Greens w/ Tomato Wedges Mandarin Oranges Ry Krisp Crackers Marble Cake		

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.