



SEPT. 09

Meals on Wheels Of Kenosha County

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	Mostaccioli w/Italian Sausage & Meat Sauce Green Beans Italian Bread Chilled Pears Chocolate Chip Cookies	Seaford Salad Lettuce Leaf Potato Salad Rivera Blend Salad Bread Frosted Sprinkle Birthday Cake	Char-Broiled Burger on Bun w/Lettuce & Tomato Hash Browns Three Bean Salad Red Delicious Apple Lemon Pie	Italian Style Meat Lasagna Broccoli Cuts Italian Bread Fresh Fruit
7	8	9	10	11
Closed for LABOR DAY	Swedish Meatballs in Mushroom Gravy Bow Tie Noodles Carrot Coins Multigrain Bread Pineapple Chunks	Salisbury Steak Roasted Onion Gravy Whipped Potatoes Beets/Bread Apple Pie	Breaded Baked Chicken Baked Potato Mixed Vegetable Rye Roll Fresh Fruit	Breaded Fish Fillet on Bun/Tartar Sauce Tater Tots Mixed Vegetables Oatmeal Raisin Cookie
14	15	16	17	18
Hunter Style Swiss Steak Mashed Potatoes Peas Wheat Bread Fresh Fruit	Orange Juice Chicken Salad w/shell pasta & Grapes Dinner Roll Sugar Cookie	Turkey Salad on Lettuce Leaf Tossed Garden Salad Lite Italian Dressing Potato Salad/Bread Fresh Fruit	Spaghetti & Meatballs w/Sauce Green Beans Tossed Salad w/Dressing Italian Bread Fresh Seasonal Fruit	Stuffed Chicken Breast Baked Potato w/Sour Cream Tomato-Cucumber Salad Dinner Roll Cherry Pie
21	22	23	24	25
Parmesan Chicken Scalloped Potatoes Tangy Green Beans Wheat Bread Carrot Cake	Homemade Meatloaf Mashed Potatoes Mixed Vegetables Wheat Bread Fruited Jello	Chicken Salad Spinach Mandarin Orange Salad Pasta Salad w/Cheese Bread Chocolate Chip Cookie	Seasoned Pork Loin Potato Pancakes w/Sour Cream Red Cabbage Rye Roll Applesauce	Baked Cod O'Brien Potatoes Brussels Sprouts Marble Rye Bread Strawberry-Rhubarb Pie
28	29	30		
Chicken Breast w/Orange Sauce Wild Rice Blend Broccoli Wheat Roll Fresh Fruit	Italian Sausage on Bomber Bun Italian Green Beans Potato Salad Pound Cake	Beef Stir Fry Brown Rice Cauliflower Bread Mixed Fruit		

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.