

Ypsilanti Meals on Wheels

February 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				
1 BBQ Pork Rib Patty 1 each Black-eyed Peas 1/2 cup Spinach 1/2 cup Wheat Hamburger Bun 1 each Fresh Apple Slices 1/2 cup Milk 1 each <i>966 mg Sodium</i>				
4 Honey Mustard Chicken 1 piece Confetti Rice 1/2 cup Broccoli 1/2 cup Tossed Salad 1 cup Whole Grain Roll 1 each Warm Spiced Peaches 1/2 cup Milk 1 each Margarine 1 each Salad Dressing 1 each <i>433 mg Sodium</i>	5 Swedish Meatballs 3 each Rotini Noodles 1/2 cup Sliced Carrots 1/2 cup Yellow Squash 1/2 cup Multi-Grain Bread 1 slice Fresh Honeydew Melon 1/2 cup Milk 1 each Margarine 1 each <i>920 mg Sodium</i>	6 Pork Roast w/Au Jus Gravy 3 oz Whipped Sweet Potatoes 1/2 cup Green Beans 1/2 cup Tossed Salad 1 cup Whole Wheat Bread 1 slice Mixed Fruit 1/2 cup Milk 1 each Margarine 1 each Salad Dressing 1 each <i>367 mg Sodium</i>	7 Brunswick Chicken Stew 1 cup Spinach 1/2 cup Tossed Salad 1 cup Cornbread 1 piece Apple Cobbler 1/2 cup Milk 1 each Margarine 1 each Salad Dressing 1 each <i>863 mg Sodium</i>	8 Salisbury Beef with Gravy 1 each Whipped Potatoes 1/2 cup Mixed Vegetables 1/2 cup Tossed Salad 1 cup Whole Grain Roll 1 each Fresh Cantaloupe 1/2 cup Milk 1 each Margarine 1 each Salad Dressing 1 each <i>757 mg Sodium</i>
11 Beef Hot Dog 1 each Mixed Beans 1/2 cup California Vegetable Blend 1/2 cup Wheat Hot Dog Bun 1 each Fresh Honeydew Melon 1/2 cup Milk 1 each Mustard 1 each <i>880 mg Sodium</i>	12 Sliced Turkey Breast w/Gravy 3 oz Scalloped Potatoes 1/2 cup Green Beans 1/2 cup Tossed Salad 1 cup Cornbread 1 piece Petite Banana 1 each Milk 1 each Margarine 1 each Salad Dressing 1 each <i>846 mg Sodium</i>	13 Potato Crusted Fish 1 each Macaroni and Cheese 1/2 cup Broccoli 1/2 cup Coleslaw 1/2 cup Whole Grain Roll 1 each Fresh Cantaloupe 1/2 cup Milk 1 each Margarine 1 each Tarter Sauce 1 each <i>741 mg Sodium</i>	14 <u>Valentine's Day Meal</u> Swiss Steak 1 each Oven Roasted Potatoes 1/2 cup Diced Beets 1/2 cup Tossed Salad 1 cup Whole Wheat Bread 1 slice Fruit Cocktail 1/2 cup Milk 1 each Margarine 1 each Salad Dressing 1 each <i>805 mg Sodium</i>	15 Baked Chicken Breast 1 each Creole Sauce 1 oz Whole Kernel Corn 1/2 cup Spinach 1/2 cup Tossed Salad 1 cup Multi-Grain Bread 1 slice Peach Half 1 each Milk 1 each Margarine 1 each Salad Dressing 1 each <i>615 mg Sodium</i>
18 Closed for Presidents Day	19 POTLUCK	20 Meatloaf with Gravy 1 each Whipped Potatoes 1/2 cup Brussels Sprouts 1/2 cup Tossed Salad 1 cup Multi-Grain Bread 1 slice Fresh Apple Slices 1/2 cup Milk 1 each Margarine 1 each Salad Dressing 1 each <i>800 mg Sodium</i>	21 Beef with Pepper Gravy 1 each Succotash 1/2 cup Broccoli 1/2 cup Tossed Salad 1 cup Cornbread 1 piece Fresh Pineapple 1/2 cup Milk 1 each Margarine 1 each Salad Dressing 1 each <i>805 mg Sodium</i>	22 Pork with Supreme Sauce 3 oz Rice Florentine 1/2 cup Glazed Carrots 1/2 cup Tossed Salad 1 cup Rye Bread 1 slice Warm Spiced Pears 1/2 cup Milk 1 each Margarine 1 each Salad Dressing 1 each <i>671 mg Sodium</i>
25 Beef Stew 1 cup Confetti Rice 1/2 cup Cabbage 1/2 cup Tossed Salad 1 cup Whole Grain Roll 1 each Warm Cinnamon Apples 1/2 cup Milk 1 each Margarine 1 each Salad Dressing 1 each <i>523 mg Sodium</i>	26 Spaghetti with Meat Sauce 1 cup Cauliflower 1/2 cup Brussels Sprouts 1/2 cup Garlic Breadstick 1 each Fresh Pineapple 1/2 cup Milk 1 each Margarine 1 each <i>583 mg Sodium</i>	27 Chicken Strips 3 oz Teriyaki Sauce 1 oz Steamed Rice 1/2 cup Broccoli 1/2 cup Sliced Carrots 1/2 cup Whole Wheat Bread 1 slice Fresh Cantaloupe 1 each Milk 1 each Margarine 1 each <i>927 mg Sodium</i>	28 Beef Jardine 1 each Whipped Potatoes 1/2 cup Spinach 1/2 cup Tossed Salad 1 cup Multi-Grain Bread 1 slice Fresh Honeydew Melon 1/2 cup Milk 1 each Margarine 1 each Salad Dressing 1 each <i>895 mg Sodium</i>	

Ypsilanti Meals on Wheels March 2019

Monday		Tuesday		Wednesday		Thursday		Friday	
									
								1	
								Glazed Ham 3 oz Cubed Sweet Potatoes 1/2 cup Green Beans 1/2 cup Tossed Salad 1 cup Whole Grain Roll 1 each Petite Banana 1 each Milk 1 each Margarine 1 each Salad Dressing 1 each <i>991 mg Sodium</i>	
4		5		6		7		8	
Chicken Marsala 1 piece Au Gratin Rotini 1/2 cup Spinach 1/2 cup Beet Salad 1/2 cup Breadstick 1 each Fresh Orange 1 each Milk 1 each Margarine 1 each <i>998 mg Sodium</i>		Hamburger Patty 1 each Lettuce and Tomato 1/4 cup Ranch Beans 1/2 cup California Vegetable Blend 1/2 cup Wheat Hamburger Bun 1 each Fresh Honeydew Melon 1/2 cup Milk 1 each Mustard 1 each Ketchup 1 each <i>679 mg Sodium</i>		Ash Wednesday Krab Mac Salad 1 cup Coleslaw 1/2 cup Mixed Fruit 1/2 cup Whole Grain Roll 1 each Fresh Cantaloupe 1/2 cup Milk 1 each Margarine 1 each		Sliced Turkey Breast w/Gravy 3 oz Cut Yams 1/2 cup Green Beans 1/2 cup Tossed Salad 1 cup Whole Grain Roll 1 each Peaches and Cottage Cheese 1/2 cup Milk 1 each Margarine 1 each Salad Dressing 1 each <i>500 mg Sodium</i>		Lenten Meal Tuna Noodle Casserole 1 cup Whole Kernel Corn 1/2 cup Broccoli 1/2 cup Whole Grain Roll 1 each Petite Banana 1 each Milk 1 each Margarine 1 each	
11		12		13		14		15	
BBQ Pork Rib Patty 1 each Black-eyed Peas 1/2 cup Spinach 1/2 cup Wheat Hamburger Bun 1 each Fresh Apple Slices 1/2 cup Milk 1 each <i>966 mg Sodium</i>		Baked Chicken Breast 1 each Balsamic Onion Sauce 1 oz Au Gratin Potatoes 1/2 cup Brussels Sprouts 1/2 cup Tossed Salad 1 cup Whole Wheat Bread 1 slice Tropical Fruit 1/2 cup Milk 1 each Margarine 1 each Salad Dressing 1 each <i>783 mg Sodium</i>		Taco Meat 1/2 cup Shredded Cheese 1/2 oz Lettuce and Tomato 1 cup Mixed Beans 1 cup Fiesta Vegetable Blend 1/2 cup Corn Tortilla 1 each Fresh Pineapple 1/2 cup Milk 1 each Taco Sauce 1 each <i>744 mg Sodium</i>		St. Patrick's Day Meal Corned Beef w/Mustard Sauce 3 oz Red Potatoes 1/2 cup Cabbage 1/2 cup Sliced Carrots 1/2 cup Whole Grain Roll 1 each Fresh Cantaloupe 1/2 cup Milk 1 each Margarine 1 each 		Lenten Meal Potato Crusted Fish 1 each Confetti Rice 1/2 cup Sliced Beets 1/2 cup Tossed Salad 1 cup Whole Grain Roll 1 each Fresh Honeydew Melon 1/2 cup Milk 1 each Margarine 1 each Tartar Sauce 1 each Salad Dressing 1 each	
18		19		20		21		22	
Honey Mustard Chicken 1 piece Confetti Rice 1/2 cup Broccoli 1/2 cup Tossed Salad 1 cup Whole Grain Roll 1 each Warm Spiced Peaches 1/2 cup Milk 1 each Margarine 1 each Salad Dressing 1 each <i>433 mg Sodium</i>		Swedish Meatballs 3 each Rotini Noodles 1/2 cup Sliced Carrots 1/2 cup Yellow Squash 1/2 cup Multi-Grain Bread 1 slice Fresh Honeydew Melon 1/2 cup Milk 1 each Margarine 1 each <i>920 mg Sodium</i>		Pork Roast w/Au Jus Gravy 3 oz Whipped Sweet Potatoes 1/2 cup Green Beans 1/2 cup Tossed Salad 1 cup Whole Wheat Bread 1 slice Mixed Fruit 1/2 cup Milk 1 each Margarine 1 each Salad Dressing 1 each <i>367 mg Sodium</i>		Brunswick Chicken Stew 1 cup Spinach 1/2 cup Tossed Salad 1 cup Cornbread 1 piece Apple Cobbler 1/2 cup Milk 1 each Margarine 1 each Salad Dressing 1 each <i>863 mg Sodium</i>		Lenten Meal Macaroni and Cheese 3/4 cup Green Beans 1/2 cup California Vegetable Blend 1/2 cup Whole Grain Roll 1 each Petite Banana 1 each Milk 1 each Margarine 1 each	
25		26		27		28		29	
Beef Hot Dog 1 each Mixed Beans 1/2 cup California Vegetable Blend 1/2 cup Wheat Hot Dog Bun 1 each Fresh Honeydew Melon 1/2 cup Milk 1 each Mustard 1 each <i>880 mg Sodium</i>		Sliced Turkey Breast w/Gravy 3 oz Scalloped Potatoes 1/2 cup Green Beans 1/2 cup Tossed Salad 1 cup Cornbread 1 piece Petite Banana 1 each Milk 1 each Margarine 1 each Salad Dressing 1 each <i>846 mg Sodium</i>		Baked Chicken Breast 1 each Creole Sauce 1 oz Whole Kernel Corn 1/2 cup Spinach 1/2 cup Tossed Salad 1 cup Multi-Grain Bread 1 slice Peach Half 1 each Milk 1 each Margarine 1 each Salad Dressing 1 each <i>615 mg Sodium</i>		Swiss Steak 1 each Oven Roasted Potatoes 1/2 cup Sliced Beets 1/2 cup Tossed Salad 1 cup Whole Wheat Bread 1 slice Fruit Cocktail 1/2 cup Milk 1 each Margarine 1 each Salad Dressing 1 each <i>740 mg Sodium</i>		Lenten Meal Potato Crusted Fish 1 each Macaroni and Cheese 1/2 cup Broccoli 1/2 cup Coleslaw 1/2 cup Whole Grain Roll 1 each Fresh Cantaloupe 1/2 cup Milk 1 each Margarine 1 each Tarter Sauce 1 each	