

Name:
Address:

Meals on Wheels & More
315 Halleck
Bellingham, Washington 98225
360-733-4030 ext 1030
Direct line: 360-746-6480

No Milk No Bread

	Quantity		Menu items
1			1. Pork Steak w/ new potatoes, gravy, spinach, applesauce w/ cinnamon
2		♥	2. Baked Ham, pineapple bits, yams, green peas
4		♥	4. Macaroni & Cheese, chopped broccoli, apple crisp
5		♥↓	5. Chicken Casserole, peas, carrots, tropical fruit
6			6. Fried Chicken, mashed potatoes, gravy, diced carrots
7		♥	7. Roast Turkey, dressing, gravy, mashed potatoes, mixed vegetables
8		↓	8. Beef Lasagna, green beans, Mandarin oranges
9		♥	9. Salisbury Steak, mushroom gravy, carrots, mashed potato
11			11. Country Fried Steak, mashed potatoes, peas
12		↓	12. Meatloaf, gravy, roasted potatoes, Scandinavian vegetables
13		♥	13. Braised Beef Tips, vegetable gravy, fiesta rice, spinach
14		↓	14. Spaghetti w/ Meatballs, green beans, fruit cocktail & Mandarin oranges
15			15. Beef Stew, mashed potatoes, peach crisp
16		♥↓	16. Swedish Meatballs, gravy, noodles, broccoli, carrots
17			17. Mushroom Omelet, hash brown potatoes, broccoli
18		♥↓	18. Seafood Fettuccine Alfredo, peas, fruit cocktail & Mandarin oranges
19		♥↓	19. Baked Fish, roasted red potatoes, spinach
20		↓	20. Breaded Chicken Patty, gravy, mashed potato, diced carrots
21		♥	21. Chicken Stir fry, carrots, spinach
23		↓	23. Lemon Pepper Fish, rice w/ peas & carrots, lemon pudding
24		↓	24. Broccoli Tortellini Alfredo, peas & carrots, fruit cocktail
25		♥	25. Chicken Cordon Bleu, rice pilaf, peas,
26		♥	26. Chicken pot pie, peas, peach crisp
27		♥	27. Teriyaki Chicken w/ pineapple, rice, oriental veggies apple crisp
28		♥↓	28. Sweet & Sour Meatballs on rice, oriental veggies, apple crisp
29		♥	29. Lentil Chili w/ Potatoes & cheese, broccoli, fruit crisp
30			30. Creamy Chicken Alfredo w/ Rotini, peas
31			31. Cheese Enchilada on rice, black beans, mixed vegetables
32			32. Mexican Pasta Skillet, peas, apple crisp
B-1		↓	B1. Cheese Omelet, pancakes, pears
B-2			B2. Egg Sandwich w/ sausage & cheese, broccoli, applesauce
B-3		↓	B3. French Toast, scrambled eggs, peaches
B-4			B4. Breakfast Burrito (cheddar, sausage, egg), hash brown, fruit cocktail
B-5			B5. Biscuit & Country Gravy, scrambled eggs, diced peaches
			Total Number of Meals

↓= Low sodium less than 1300 mg for complete meal*, approx 50% of daily total.
♥= Low fat less than 30% calories from fat for complete meal*
*Includes 1 cup 2% milk and 1 slice whole grain bread

EMERGENCY SHELF FOODS

Prepare for the winter months! Never leave your cupboard bare. Every cupboard should have an emergency food shelf for those times when either illness or poor weather conditions prevent you from shopping. When planning your emergency supply, include enough food for approximately three days.

Plan ahead!... don't wait until the first snow. Canned goods are heavy! Carry home 1 or 2 items when you have a lighter grocery load. Here are some other helpful things in stocking your emergency shelf.

- * Purchase foods when they are on sale and buy generic brands
- * Suggest to friends, relatives that these items make good gifts
- * Be sure to have several items from each of the food groups
- * If your doctor has prescribed a special diet, take special care in selecting foods for your emergency shelf
- * For individuals on a **low sodium diet**, rinse your canned vegetables, tuna, and meats or select vegetables without salt, reduced sodium soups and peanut butter with no added salt
- * People with **diabetes** should avoid fruits canned in heavy syrups, fruit nectars and canned puddings. It's a good idea to keep a can or two of regular or diet 7-Up or Ginger Ale on hand for times of illness.
- * Non-food essentials to keep with supplies: can opener, knife/scissors, paper towels, hand wipes or hand sanitizer, eating utensils/ paper plates

EMERGENCY SHELF FOOD IDEAS

BREAD & GRAIN GROUP

Whole Grain Cereals - hot or cold
Pasta - Noodles, Spaghetti
Rice & Rice Cakes
Graham Crackers, Vanilla Wafers
Bread Sticks
Whole Grain Crackers

Protein GROUP

Peanut Butter
Canned meat, tuna, beans
Chili, Beef Stew,
Canned Soup
Dried Beans, Peas, Lentils

FRUIT & VEGETABLE GROUP

Canned Fruit (in light syrup or juice)
Canned Juices (Vitamin C enriched)
Dried Fruit - Prunes, Raisins, Apricots
Instant Mashed Potatoes (Vitamin C enriched)
Instant Coffee or Tea
Jam or Jelly
7-Up

DAIRY GROUP & OTHER IDEAS

Pudding Mix or Canned Pudding
Oil-Canola, Safflower or Corn
Baking Mix
Ovaltine
Nonfat Dry Milk
Canned Evaporated Milk
Water

3 extra frozen meals from either the Meals on Wheels Program or the store.

If you have questions please call the Nutrition Office

733-4030 ext. 1030