



MEALS on WHEELS
HILLSBOROUGH COUNTY

FEBRUARY 2024

Name: _____ Route #: _____

Please call your site location or cross off any days that you will not be home on a scheduled delivery day. On choice Fridays the default is Choice 1. If you want Choice 2, circle that option. Return your menu to your driver by Friday, **January 19th**.

Monday	Tuesday	Wednesday	Thursday	Friday
5) Orange Chicken White Rice Green Beans <i>Calories 341, Carbs 44g, Sodium 436mg</i>	6) Chicken Pot Pie <i>Chicken in Creamy Gravy with Potatoes & Vegetables served with Broccoli</i> <i>Calories 394, Carbs 38g, Sodium 459mg</i>	7) Beef and Bowtie Pasta 4-Way Vegetable Blend <i>Calories 412, Carbs 46g, Sodium 372mg</i>	8) Chicken with Herbed Gravy Mashed Potatoes Corn & Spinach <i>Calories 375, Carbs, 48g, Sodium 384mg</i>	9) Macaroni & Cheese Peas & Carrots <i>Calories 392, Carbs, 64g, Sodium 593mg</i>
12) Chicken Lo Mein 4-Way Vegetable Blend <i>Calories 367, Carbs 58g, Sodium 460mg</i>	13) Beef Chili Turmeric Rice Corn & Pepper Medley <i>Calories 469, Carbs 60g, Sodium 404mg</i>	14) Macaroni & Cheese Peas & Carrots <i>Calories 392, Carbs 64g, Sodium 593mg</i> Holiday Meal Delivered for 1/19	15) Turkey & Cranberry Gravy Squash Mashed Potatoes California Vegetable Blend <i>Calories 234, Carbs 28g, Sodium 241mg</i>	16) Vegetable Pot Pie Green Beans <i>Calories 511, Carbs 64g , Sodium 585mg</i>
19) CLOSED FOR HOLIDAY Beef Chili Turmeric Rice Corn & Pepper Medley <i>Calories 469, Carbs 60g, Sodium 404mg</i>	20) Chicken & Rice Casserole with Roasted Garlic Cream Sauce Mushrooms, Celery & Peas Broccoli & Carrots <i>Calories 389, Carbs 40g, Sodium 377mg</i>	21) Turkey & Mushroom Gravy Diced Potatoes Corn & Spinach Garbanzo Beans <i>Calories 303, Carbs 43g, Sodium 335mg</i>	22) Sweet & Sour Meatballs White Rice Green beans Stir Fry Vegetables <i>Calories 554, Carbs 62g, Sodium 734 mg</i>	23) CH1: Pork with BBQ Gravy 4-Way Veg Blend & Cilantro Lime Rice <i>Calories 389, Carbs 55g, Sodium 332mg</i> OR CH2: Cheese Ravioli with Butternut Squash Cream Sauce <i>Calories 389, Carbs 66g, Sodium 434mg</i>
26) Meatballs & Marinara Sauce Penne Pasta Green Beans <i>Calories 451, Carbs 50g, Sodium 792mg</i>	27) Chicken Lasagna Sundried Tomato Cream Sauce Peas & Carrots <i>Calories 413, Carbs 51g, Sodium 467mg</i>	28) Shepherd's Pie Cheesy Potatoes Green beans & Carrots <i>Calories 408, Carbs 32g, Sodium 511mg</i>	29) Beef Steak Stroganoff Bowtie Pasta Broccoli & Cannellini Beans <i>Calories 393, Carbs 45g, Sodium 447mg</i>	1) CH1: Chicken Paprikash Brown Rice Peas & Garbanzo Beans <i>Calories 398, Carbs 46g, Sodium 398mg</i> OR CH2: Pasta Primavera With Vegetable blend (vegetarian) <i>Calories 395, Carbs 58, Sodium 325mg</i>

Your immune system is designed to help keep you well. Incorporate these five nutrition and wellness tips into your daily routine for a strong immune system.

- 1. **Fill half your plate with vegetables and fruits.** Many vegetables and fruits contain vitamins A and C. Vitamins A and C support your immune system. Veggies and fruits high in vitamin A are often orange or dark green in color, such as sweet potatoes, carrots, mangos, spinach, and kale. High vitamin C foods include oranges, bell peppers, strawberries, kiwi, and broccoli.
- 2. **Make ¼ of your plate lean protein or plant-based protein.** Choose lean protein foods like fish, poultry and eggs or plant-based protein foods such as beans, soy, nuts, and seeds. Protein foods build the immune system cells needed to keep you well. They also contain minerals like iron, selenium and zinc that help your immune system work as it should.
- 3. **Choose fiber-rich carbohydrates for the remaining ¼ of your plate.** Good fiber-rich carbohydrate food choices include beans, sweet potatoes, and whole grain foods such as brown rice, oats, quinoa, and whole grain bread and pasta. Fiber supports immune cells found in your gut. Whole grains, potatoes and beans also contain the mineral magnesium. Magnesium builds healthy immune cells.
- 4. **Choose water.** Water makes up about 60% of your body weight, so it makes sense that you would need to drink enough to keep your immune system strong. Water supports the immune system by dissolving vitamins and minerals you need to stay healthy, carrying nutrients and oxygen to immune cells, and protecting body organs and tissues that are part of your immune system. Drink up to 13 cups a day for men and 9 cups a day for women.
- 5. **Stay active, both physically and socially.** Maintaining social connections and exercising associated with a stronger immune system, benefiting overall health and fight off colds and flus.

Riddle: What can you catch, but never throw?



Answer: A cold!

Nutrients listed on the menu only include items in the tray.

Location	Manager	Phone #
Nashua Senior Activity Center	Scott	603-882-2106
Milford Share Outreach	Jill	603-673-4094
Goffstown The Meeting House	Patti	603-497-4633
HQ (Manchester & Merrimack)	Nicole	603-669-1699
Peterborough	Mary	603-878-3109

