



TABITHA

Tabitha Meals on Wheels

Nutrition Key: Fall 2018–Spring 2019 *Week One*

	Food Item	Kcal	Protein-g	Carbohydrate-g	Fat-g	Sodium-mg
ALL MEALS INCLUDE	Bread	70	2	13	1	140
	or Dinner Roll	84	2	14	2	145
	8 oz. Milk	121	8	12	5	122
	Margarine	35	0	0	4	47
MONDAY	Oven Fried Chicken	280	20	8	18	154
	Potato Wedges	361	14	47	12	600
	Candied Carrots	28	1	6	0	215
	Petite Banana	105	1	27	0	1
	Applesauce Gelatin	75	2	18	0	42
TUESDAY	Beef Shepherd's Pie	316	18	27	15	677
	Mashed Potatoes	360	14	48	12	600
	Salad with Ranch Dressing	80	0	4	7	155
	Scalloped Apples	137	0	29	3	57
	Fresh Orange	81	2	21	0	2
WEDNESDAY	Swiss Steak	419	23	15	27	672
	Au Gratin Potatoes	132	4	22	4	400
	Winter Blend Vegetables	37	2	8	0	35
	Apricots	80	0	21	0	5
	Peach Cobbler	245	1	44	9	281
THURSDAY	Pasta with Meat Sauce	338	17	34	15	967
	Seasoned Corn	60	2	14	1	10
	Apple Slices	65	0	17	0	1
	Banana Choc. Chip Cake	211	2	37	7	225
	Garlic Bread	75	2	14	1	150
FRIDAY	Polish Sausage	240	10	2	21	820
	Hot Dog Bun	160	7	30	2	200
	O'Brien Potatoes	60	2	6	3	178
	Peas & Carrots	55	4	12	1	78
	Diced Pears	80	0	20	0	20
	Sugar Cookie	58	0	8	3	38
SATURDAY	Chicken Tetrizzini	308	24	23	13	301
	Italian Vegetables	75	2	12	1	46
	Chilled Plums	66	0	18	0	1
	Oatmeal Cream Pie	170	1	26	7	190
SUNDAY	Sliced Turkey	150	23	3	5	68
	Cornbread Stuffing	200	5	50	8	289
	Brussels Sprouts	60	3	8	2	30
	Tropical Fruit	60	0	15	0	0
	Pumpkin Cake	134	2	26	3	300



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Week Two

	Food Item	Kcal	Protein-g	Carbohydrate-g	Fat-g	Sodium-mg
ALL MEALS INCLUDE	Bread	70	2	13	1	140
	or Dinner Roll	84	2	14	2	145
	8 oz. Milk	121	8	12	5	122
	Margarine	35	0	0	4	47
MONDAY	Salisbury Steak	280	19	7	20	460
	Mashed Potatoes & Gravy	360	14	48	12	600
	Calico Corn	89	3	21	1	14
	Fruited Gelatin	75	2	18	0	42
	Fudge Round Cookie	170	1	26	7	170
TUESDAY	BBQ Pork	354	23	36	14	878
	Hamburger Bun	160	7	30	2	200
	Baked Beans	193	7	38	3	604
	Seasoned Carrots	28	1	6	0	215
	Fresh Apple	65	0	17	0	1
	Tapioca Pudding	140	0	29	2	210
WEDNESDAY	Cranberry Chicken	234	27	24	3	72
	Baked Potato	75	2	4	5	19
	Mixed Vegetables	54	3	12	0	32
	Pineapple Tidbits	45	0	12	0	0
	Oatmeal Raisin Cookie	60	0	11	2	50
THURSDAY	Meatloaf	334	10	19	20	643
	Scalloped Potatoes	132	4	22	4	118
	California Blend Vegetables	37	2	8	0	35
	Fruit Cocktail	60	0	15	0	5
	Vanilla Pudding	166	3	30	6	238
FRIDAY	Tuna Casserole	300	25	24	21	998
	Seasoned Peas	62	4	1	0	70
	Petite Banana	105	1	27	0	1
	Carnival Cookie	140	1	19	7	133
SATURDAY	Baked Ham	223	21	4	12	2,000
	Whipped Sweet Potatoes	60	1	6	3	48
	Seasoned Spinach	88	3	8	2	0
	Grape Juice	78	0	19	0	4
	Banana Cake with Topping	207	3	32	8	225
	Croissant	70	2	13	1	140
SUNDAY	Turkey Pot Roast	225	28	1	12	156
	Mashed Potatoes	360	14	48	12	600
	Bean Mix	21	1	5	0	2
	Blushing Pears	35	0	10	0	3
	Apple Crisp	228	3	45	5	66



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	Food Item	Kcal	Protein-g	Carbohydrate-g	Fat-g	Sodium-mg
ALL MEALS INCLUDE	Bread	70	2	13	1	140
	or Dinner Roll	84	2	14	2	145
	8 oz. Milk	121	8	12	5	122
	Margarine	35	0	0	4	47
MONDAY	Cheesy Potatoes & Ham	259	17	16	15	822
	Seasoned Beets	80	1	15	1	145
	Mandarin Oranges	45	0	12	0	0
	Brownie	160	1	26	5	96
TUESDAY	Stroganoff Meatball	460	19	24	30	1,330
	Parslied Noodles	136	4	20	5	330
	Glazed Carrots	126	1	7	16	149
	Three Bean Salad	60	0	13	1	300
	Mixed Fruit	60	0	15	0	5
WEDNESDAY	Mom's Chicken	394	28	17	23	923
	Parslied Potatoes	45	2	5	2	320
	Country Trio Vegetables	67	3	5	0	40
	Diced Peaches	61	0	17	0	6
	Chocolate Mousse	140	4	22	5	113
THURSDAY	Hamburger	308	21	26	12	305
	Hamburger Bun	160	7	30	2	200
	Au Gratin Potatoes	132	4	22	4	400
	Seasoned Peas	62	4	1	0	70
	Fresh Orange	81	2	21	0	2
	Lime Chiffon Dessert	305	3	37	16	231
FRIDAY	Macaroni & Cheese	224	11	18	10	244
	Battered Fish	200	14	14	9	280
	Green Beans	21	1	5	0	2
	Coleslaw	74	1	8	0	61
	Apricots	80	0	21	0	5
SATURDAY	Chili	270	16	19	15	1,108
	Wax Beans with Pimento	21	1	5	0	2
	Cornbread	127	2	20	4	242
	Salad with Ranch Dressing	80	0	4	7	155
	Butterscotch Pudding	200	3	28	9	192
SUNDAY	Pork Roast	250	26	2	15	245
	Savory Stuffing	137	3	14	8	248
	California Blend Vegetables	37	2	8	0	35
	Lime Gelatin	99	1	21	2	50
	Fruit Bar	121	8	11	5	48