

Nutrient Analysis for August 2019

Analysis is for all components of the meal, including 1 cup 1% milk. For additional nutrition info or questions please contact the Meals on Wheels office at 1-360-377-8511 or 1-888-877-8511.

Day	Menu	Calories	Sodium	Protein	Fat	Cholesterol	Carbs
1	Orange Chicken	861	511	25	160	86	53
2	Baked Ziti	630	589	25	62	75	31
5	Swedish Meatballs	728	960	2	78	93	30
6	Fish Florentine	694	842	21	87	94	37
7	Pork Adobo	792	670	36	120	82	55
8	Turkey Pot Pie	657	1075	27	81	77	34
9	Soup and Sandwich	582	662	16	53	89	32
12	Hawaiian Pork	887	577	28	108	105	48
13	Honey Lemon Chicken	871	453	32	160	98	53
14	Tuna Casserole	825	1213	32	89	85	45
15	Cabbage Roll	664	1056	21	58	99	28
16	Turkey Chef Salad	673	925	39	122	58	32
19	Hungarian Goulash	736	895	29	93	84	39
20	Clam Chowder	877	761	37	42	109	33
21	BBQ Chicken	967	1126	38	179	104	54
22	Broccoli Cheddar Quiche	737	1276	25	135	108	28
23	Roast Pork	854	892	26	102	115	50
26	Lemon Pepper Fish	706	596	20	89	94	42
27	Barley Soup and Hearty Salad	680	940	25	71	70	38
28	Turkey Slice	601	939	17	65	87	33
29	Chicken Marinara	948	774	34	165	97	63
30	Salisbury Steak	805	1014	35	84	93	36