



Meals on Wheels
of Albuquerque

**Meals on Wheels ~ 5901 Harper Drive NE, Albuquerque, NM 87109
Client Services 823-8064**

Week 5

-Info only-

**These menus are provided so you are aware
of what will be delivered to you each day.**

-Info only-

REGULAR Heart Healthy	DIABETIC	SOFT/BLAND	RENAL	VEGETARIAN	MECHANICAL SOFT	PUREED
low fat/cholesterol/salt	limited carbohydrates	easy to digest	phosphorus/potassium	no meat/poultry/fish	chopped or ground	blenderized or liquid
MONDAY, JUNE 25, 2012						
Turkey Cutlet	Turkey Cutlet	Turkey Cutlet	Turkey Cutlet	Vegetable Paella	Turkey Cutlet	Turkey Cutlet
Mac & Cheese	Squash	Mac & Cheese	Noodles	Peas	Mashed Potatoes	Mashed Potatoes
Peas	Peas	Peas	Carrots	Carrots	Peas	Peas
Salad or Fruit	Salad or Fruit	Salad or Fruit	Salad or Fruit	Salad or Fruit	Salad or Fruit	Salad or Fruit
Dessert	Dessert	Dessert	Dessert	Dessert	Dessert	Dessert
Milk or Juice	Milk or Juice	Milk or Juice	Milk or Juice	Milk or Juice	Milk or Juice	Milk or Juice
Alternate: Sausage & Peppers, Rice, Carrots						
TUESDAY, JUNE 26, 2012						
Chicken Enchiladas	Chicken Enchiladas	Beef Stew	Chicken Patty	Polenta w/Marinara	Chicken Enchiladas	Chicken Enchiladas
Pinto Beans	Pinto Beans	Peas	Rice	Pinto Beans	Mashed Potatoes	Mashed Potatoes
Zucchini	Zucchini	Zucchini	Peas	Zucchini	Zucchini	Zucchini
Salad or Fruit	Salad or Fruit	Salad or Fruit	Salad or Fruit	Salad or Fruit	Salad or Fruit	Salad or Fruit
Dessert	Dessert	Dessert	Dessert	Dessert	Dessert	Dessert
Milk or Juice	Milk or Juice	Milk or Juice	Milk or Juice	Milk or Juice	Milk or Juice	Milk or Juice
Alternate: Beef Stew, Winter Blend				*Winter Blend – Broccoli and Cauliflower		
WEDNESDAY, JUNE 27, 2012						
Pork Stir Fry	Pork Stir Fry	Pork Stir Fry	Beef Patty	Vegetable Stew	Pork Stir Fry	Pork Stir Fry
Rice	Cauliflower	Rice	Zucchini	Rice	Mashed Potatoes	Mashed Potatoes
*Mixed Vegetables	*Mixed Vegetables	Zucchini	Rice	*Mixed Vegetables	*Mixed Vegetables	*Mixed Vegetables
Salad or Fruit	Salad or Fruit	Salad or Fruit	Salad or Fruit	Salad or Fruit	Salad or Fruit	Salad or Fruit
Dessert	Dessert	Dessert	Dessert	Dessert	Dessert	Dessert
Milk or Juice	Milk or Juice	Milk or Juice	Milk or Juice	Milk or Juice	Milk or Juice	Milk or Juice
Alternate: Beef Fingers, Mashed Potatoes, Squash			*Mixed Vegetables – Green Beans, Lima Beans Carrots, Peas & Corn			

Continued on opposite side



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THURSDAY, JUNE 28, 2012						
Tuna Casserole	Tuna Casserole	Tuna Casserole	Chicken on the bone	Vegetable Lasagna	Crispy Chicken	Crispy Chicken
Broccoli	Broccoli	Squash	Broccoli	Broccoli	Mashed Potatoes	Mashed Potatoes
Carrots	Carrots	Carrots	Carrots	Carrots	Broccoli	Broccoli
Salad or Fruit	Salad or Fruit	Salad or Fruit	Salad or Fruit	Salad or Fruit	Salad or Fruit	Salad or Fruit
Dessert	Dessert	Dessert	Dessert	Dessert	Dessert	Dessert
Milk or Juice	Milk or Juice	Milk or Juice	Milk or Juice	Milk or Juice	Milk or Juice	Milk or Juice
Alternate: Crispy Chicken, Mashed Potatoes, Squash, Peas						
FRIDAY, JUNE 29, 2012						
Beef Fajitas	Beef Fajitas	Breaded Chicken	Beef Fajitas	Stuffed Peppers	Beef Fajitas	Beef Fajitas
Spanish Rice	Spinach	Mashed Potatoes	Rice	Rice	Mashed Potatoes	Mashed Potatoes
*Caribbean Blend	*Caribbean Blend	Spinach	*Caribbean Blend	Spinach	Carrots	Carrots
Salad or Fruit	Salad or Fruit	Salad or Fruit	Salad or Fruit	Salad or Fruit	Salad or Fruit	Salad or Fruit
Dessert	Dessert	Dessert	Dessert	Dessert	Dessert	Dessert
Milk or Juice	Milk or Juice	Milk or Juice	Milk or Juice	Milk or Juice	Milk or Juice	Milk or Juice
Alternate: Baked Breaded Chicken, Carrots			*Caribbean Blend – Yellow Carrots, Broccoli, Green Beans & Peppers			

~SPECIAL ATTENTION~

**The alternate choice for the day is given to individuals who have indicated
they cannot eat the main menu entrée.**

Occasionally the menu item may vary due to availability of the product.

If your dietary needs change, please call 823-8064.