



February 2012

Meals on Wheels PLUS
of Manatee

*Where the "plus"
means so much more
than meals!*


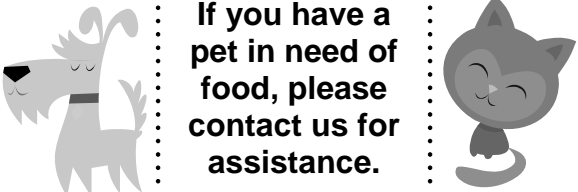
Our Mission:

"To assist individuals to live independently by providing nutrition and caring supportive services."

811 23rd Avenue East
Bradenton, FL 34208
(941) 747-4655

Check us out online -
www.mealsonwheelsplus.org

Menu subject to change without notice.
All menus served with 8oz of 1% low fat milk.

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Happy Valentine's Day!</i>		1 Braised Beef Tips over Egg noodles, with Corn, Steamed Carrots & Honey Wheat Bread.	2 Chicken a la King on a Biscuit, with Steamed Peas and Seasoned Beets.	3 Baked Fish in Lemon Sauce with Rice Pilaf, Brussels Sprouts, and Cinnamon applesauce.
6 Chicken & Veggie Bake, with Buttered Peas, Stewed Plums & Honey Wheat Bread.	7 Chili Con Carne & Beans over Steamed Rice, with Corn, Seasoned Carrots, & Honey Wheat Bread.	8 Lemon Chicken with Whipped Potatoes, Creamy Asparagus, Red Cabbage & Honey Wheat Bread.	9 Swedish Meatballs over Egg Noodles, with Beets in Orange Sauce and Southern Style Succotash.	10 Turkey & Dressing with Gravy, Seasoned Yellow Squash, Green Beans Almandine & Honey Wheat Bread.
13 Hearty Beef Stew with Parsley Noodles, Corn, Steamed Asparagus & Honey Wheat Bread.	14 Spaghetti & Meatballs with Sweet Peas. Seasoned Zucchini & Honey Wheat Bread.	15. Baseball Franks with Baked Beans, Steamed Broccoli & Warm Apple Sauce	16 Cheese Omelet with O'Brien Potatoes, Warm Pears & Honey Wheat Bread.	17 Grilled Chicken Strips, Potatoes, Green Beans Almandine, Beets & Honey Wheat Bread.
20 PRESIDENTS DAY CLOSED for Staff Training	21 Meat & Cheese Taco Bake with Spanish Rice, Sweet Corn, and Pinto Beans.	22 Baked Fish Sticks with Red Beans & Rice, Roasted Squash and Seasoned Spinach.	23 Home Style Meatloaf with Mashed Potatoes, Corn, and Slow-cooked Collard Greens.	24 Stuffed Shells with Green Beans Almandine, Spiced Apples & Honey Wheat Bread.
27 Barbeque Rib lets with O'Brien Potatoes, Yellow Wax Beans and Brussels Sprouts.	28 Roast Chicken, Scalloped potatoes Seasoned Spinach & Yellow Squash.	29 Shrimp Poppers, Yellow Rice, Seasoned Black Beans and Carrot Coins.	 <p>If you have a pet in need of food, please contact us for assistance.</p>	

ALTERNATE MEALS: Call 747-4655 to substitute one of the meals below for a given day. Please make no more than 2 meal replacements per month, as quantities of the alternate meals are limited. Requests will be fulfilled based on meal availability, and apply to daily hot meals only.

Choice #1: Spaghetti & meatballs, with buttered peas, and seasoned yellow squash.

Choice #2: Quiche Florentine with hash brown potatoes, steamed broccoli, and warm fruit compote.

The “My Plate” System

MyPlate illustrates the five food groups that are the building blocks for a healthy diet using a familiar image—a place setting for a meal. Before you eat, think about what goes on your plate or in your cup or bowl.

Fruit — *Make half your plate fruits and vegetables!* Any fruit or 100% fruit juice counts as part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.

Vegetables – *Vary your colors!* Any vegetable or 100% vegetable juice counts as a member of the Vegetable Group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed.

Grains – *Make at least half your grains whole-grain!* Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples of grain products.

Protein – *Go lean with protein!* All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the Protein Foods Group.



News from Meals on Wheels PLUS...

Tax Season is Almost Here!

Now is the time to think about preparing your tax forms for 2011. Even if you are not required to submit a tax return, you may be eligible for a **tax credit!** The “Credit for the Elderly or Disabled” may be available for you, but only if you file tax return 1040 or 1040A (NOT 1040EZ). Not sure what to do? Fortunately, “Tax Counseling for the Elderly,” is a program from the IRS that gives free tax help to people aged 60 and older. Trained volunteers from non-profit organizations provide free tax counseling and basic income tax return preparation for senior citizens.

AARP also offers the Tax-Aide counseling program at more than 7,000 sites nationwide during the filing season. Trained and certified AARP Tax-Aide volunteer counselors help people of low-to-middle income with special attention to those age 60 and older. For more information on Tax Counseling for the Elderly, call **1-800-906-9887**. To locate the nearest AARP Tax-Aide site, call **1-888-227-7669** or visit [AARP's website](#).

Part of the mission at Meals on Wheels PLUS of Manatee is to provide our community’s seniors with supportive services as well as nutrition. We hope this tax information has been helpful for you. If there are other topics you would like us to address here on the menu, please let us know!