



Our mission is to assist individuals to live independently by providing nutrition and caring, supportive services.

All meals are served with 8 oz of 1% low-fat milk and one loaf of whole wheat bread.

811 23rd Avenue East, Bradenton, FL 34208
(941) 747-4655 | MealsOnWheelsPLUS.org



	Tuesday	Wednesday	Thursday	Friday
PET FOOD AVAILABLE We can help with food for your pet—Dogs or cats—twice a month, free of charge! Please call for delivery schedule.		1 Weekly Meal Delivery for Wednesday and Friday Clients	2 Weekly Meal Delivery for Thursday Clients	3 OFFICES CLOSED
	7 Weekly Meal Delivery for Tuesday Clients Produce Day for Tuesday Clients	8 Weekly Meal Delivery for Wednesday Clients Produce Day for Wednesday Clients	9 Weekly Meal Delivery for Thursday Clients Produce Day for Thursday Clients	10 Weekly Meal Delivery for Friday Clients Produce Day for Friday Clients
	14 Weekly Meal Delivery for Tuesday Clients	15 Weekly Meal Delivery for Wednesday Clients	16 Weekly Meal Delivery for Thursday Clients	17 Weekly Meal Delivery for Friday Clients
	21 Weekly Meal Delivery for Tuesday Clients	22 Weekly Meal Delivery for Wednesday Clients	23 Weekly Meal Delivery for Thursday Clients	24 Weekly Meal Delivery for Friday Clients
 Milk cartons are kept on ice during transport to ensure they arrive cold. Contents may be slightly frozen at delivery. Please shake milk well before drinking.	28 Weekly Meal Delivery for Tuesday Clients	29 Weekly Meal Delivery for Wednesday Clients	30 Weekly Meal Delivery for Thursday Clients	31 Weekly Meal Delivery for Friday Clients

*** DELIVERY BETWEEN 10 AM-2 PM. PLEASE BE HOME.***

Please note: Meals are subject to change without notice. Please plan ahead to store meals in your freezer. Make sure to read the food storage and reheating instructions.

RED, WHITE, & BLUE

Antioxidants for you!

July is the perfect time to make your plate patriotic! Red, white and blue fruits and vegetables are packed with powerful antioxidants.

As we age, our cells experience something called oxidative stress, which can contribute to inflammation, chronic disease, and the aging process. Antioxidants help neutralize this stress, support healthier aging, a stronger immune system, and overall wellness.



Red fruits and vegetables like strawberries, cherries, tomatoes, and watermelon are rich in lycopene and anthocyanins, which support heart health and may help reduce inflammation.



White fruits and vegetables such as cauliflower, onions, garlic, mushrooms, and pears contain flavonoids and sulfur compounds that support immunity and help keep cholesterol in check.



Blue and purple fruits and vegetables like blueberries, blackberries, plums, and purple cabbage are loaded with anthocyanins and antioxidants known for supporting brain health and memory.

Recommended Meal Preparation and Care

Milk: Please refrigerate the milk as soon as the volunteer gives it to you. ***Shake before serving.***

Microwaving and THAWING Meals:

Thaw the meal the day before in the refrigerator. Poke a hole over each section. Heat the meal in the microwave on Medium for 4-5 minutes. Stir and let stand for a minute.

Heating Meals in the Oven from FROZEN:

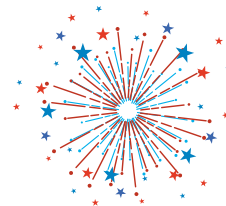
Preheat oven to 300°F for optimal flavor and tenderness. Remove film and place entrée on a sheet pan on middle rack. Heat for 30-35 minutes.

REMINDER:

If you are experiencing any symptoms of illness such as fever, body aches, coughing, vomiting, chills, etc., or have tested positive for flu/COVID, please contact Client Services at **941-747-4655** to let us know, so that we can check on you and our volunteers can safely distance themselves during meal-delivery.

Word Search

4th of July!



M	A	L	L	A	H	J	A	O	X	H	B	Y	R	I	W	M	A	S	E	L	C	N	U
O	X	N	O	R	I	R	U	F	L	X	H	J	Q	A	E	U	I	W	U	G	N	F	S
N	J	T	Z	B	L	E	Y	N	E	O	P	X	X	R	Z	L	X	Y	N	O	N	V	L
Y	T	C	T	Z	L	Q	K	J	I	V	N	Y	E	U	H	Y	F	Y	L	F	S	Y	V
G	Y	I	X	X	N	U	N	W	H	T	T	O	H	M	G	E	S	E	P	C	W	C	I
E	L	I	T	U	N	A	E	I	H	T	E	O	X	R	N	U	M	R	H	V	S	L	L
H	Q	P	X	T	M	E	O	C	B	Q	R	D	V	N	Y	R	M	C	R	P	E	O	C
E	Z	J	T	E	Z	Y	Y	P	C	F	O	U	J	P	E	R	M	F	J	G	P	W	R
E	F	S	R	O	O	M	D	H	A	K	K	V	O	T	M	E	Z	T	J	S	I	I	J
R	A	I	S	F	D	D	R	S	T	A	R	S	A	F	J	E	B	A	C	B	R	L	P
K	C	F	M	L	M	F	C	Q	I	C	F	W	T	B	R	F	X	E	J	H	T	A	G
A	X	B	Y	A	S	H	C	N	N	X	W	M	X	K	L	M	G	R	N	I	S	Y	C
W	I	I	O	G	F	B	A	X	Z	V	Z	W	E	Q	K	H	W	N	N	I	N	L	M
P	D	R	X	X	P	Y	E	H	B	G	D	L	G	A	S	L	H	W	L	E	F	W	C
M	J	O	A	R	S	M	V	L	B	P	R	B	D	M	G	K	I	C	H	B	S	F	N
K	X	R	H	J	F	L	W	B	L	Z	P	F	I	G	O	Q	T	P	K	Q	A	P	B
L	B	S	S	Y	I	H	K	V	A	R	H	I	Z	S	B	Y	E	R	T	I	V	T	M
F	Z	H	O	B	N	V	Y	J	S	R	U	N	V	J	S	M	L	L	W	C	N	P	U
U	U	L	E	J	C	O	N	N	A	C	B	S	C	Z	D	E	H	H	N	F	W	Y	W
B	W	R	X	A	A	D	S	K	R	O	W	E	R	I	F	A	T	U	V	J	W	X	L
M	T	P	A	O	R	E	T	T	H	J	T	G	Q	I	Y	T	X	A	H	H	U	W	X
Y	J	V	Y	L	C	R	M	B	D	T	Y	N	O	U	J	Q	A	S	T	G	F	M	E
R	G	X	D	U	A	Z	V	U	T	X	M	V	M	A	E	A	J	B	W	S	H	E	F
T	S	D	L	I	F	S	O	G	M	S	C	W	H	G	Z	O	D	M	O	E	F	H	L



watermelon
stripes
states
flag



uncle sam
liberty
fourth
blue

fireworks
america
white
bell



barbeque
united
stars
red

