



Meals on Wheels PLUS
OF MANATEE

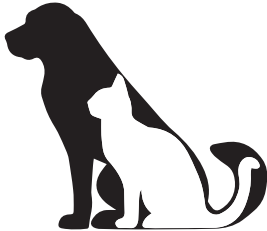
Our mission is to assist individuals to live independently by providing nutrition and caring, supportive services.

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

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

Senior programs partially funded with support from



Monday	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 by 9am Monday for same-week delivery. 		1 Weekly Meal Delivery for Wednesday Clients	2 Weekly Meal Delivery for Thursday Clients	3 Weekly Meal Delivery for Friday Clients
	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 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.	22 Weekly Meal Delivery for Wednesday Clients	23 Weekly Meal Delivery for Thursday Clients	24 Weekly Meal Delivery for Friday Clients
	28 Weekly Meal Delivery for Tuesday Clients	29 Weekly Meal Delivery for Wednesday Clients	30 Weekly Meal Delivery for Thursday Clients	31 Halloween 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.



FLAVOR Sensations!

'Tis the season for enjoying our favorite holiday meals, but did you know they can become ***healthier*** meals without sacrificing flavor, just by making a few substitutions?

Salt, sugar, and fat are the usual go-to flavor boosters in both home and restaurant cooking, but there are *plenty* of other ways to make your food taste great as is (or more flavorful!)—without the extra health risks.

Swapping out salt, sugars and fats/oils can actually increase flavor and add nutrients, like antioxidants found in fruits, veggies, and spices. ***Here are a few suggested substitutions:***

SALT

- Incorporate fresh or dried herbs like parsley, dill, bay leaf, chives, or oregano
- Use fresh aromatic vegetables such as onion, garlic, and carrots, or dried spices like onion powder, garlic powder, turmeric, or cinnamon
- Add citrus flavors or flavored vinegar to salads, meat, and vegetables

TIP! Try salt-free seasoning blends from the spice aisle in your local grocery store.

SUGAR

- Swap added sugar in desserts with naturally sweet foods like strawberries, citrus fruits, blueberries, and kiwi
- Use plain Greek yogurt with a splash of heavy cream instead of whipped cream
- Replace sugar in brownies or cookies with unsweetened applesauce or mashed bananas

TIP! Flavor plain yogurt with natural sweeteners like honey or maple syrup.

FATS/OILS

- Use healthy fats as a spread such as avocado on breads or bagels instead of butter
- Cook with healthy oils such as extra-virgin olive oil (for low heat) and avocado oil (for high heat)
- Try grilling or baking meals instead of frying in butter

TIP! Look for flavor infused healthy oils in the spice aisle of your local store.

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 to 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.

COVID-19 VACCINE INFORMATION:

COVID-19 vaccinations are available through The Florida Department of Health in Manatee County. All vaccinations are by appointment only. Appointments are available between 8 a.m. and 4 p.m. on weekdays. Call (941) 242-6646 to book an appointment. More information is also available on the County website at www.MyManatee.org.