

March 2026



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

Senior programs partially funded with support from



	Tuesday	Wednesday	Thursday	Friday
<p>PET FOOD AVAILABLE</p> <p>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.</p>	<p>3</p> <p>Weekly Meal Delivery for Tuesday Clients</p> <p>Produce Day for Tuesday Clients</p>	<p>4</p> <p>Weekly Meal Delivery for Wednesday Clients</p> <p>Produce Day for Wednesday Clients</p>	<p>5</p> <p>Weekly Meal Delivery for Thursday Clients</p> <p>Produce Day for Thursday Clients</p>	<p>6</p> <p>Weekly Meal Delivery for Friday Clients</p> <p>Produce Day for Friday Clients</p>
	<p>10</p> <p>Weekly Meal Delivery for Tuesday Clients</p>	<p>11</p> <p>Weekly Meal Delivery for Wednesday Clients</p>	<p>12</p> <p>Weekly Meal Delivery for Thursday Clients</p>	<p>13</p> <p>Weekly Meal Delivery for Friday Clients</p>
<p>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.</p>	<p>17</p> <p>HAPPY SAINT PATRICK'S DAY</p> <p>Weekly Meal Delivery for Tuesday Clients</p>	<p>18</p> <p>Weekly Meal Delivery for Wednesday Clients</p>	<p>19</p> <p>Weekly Meal Delivery for Thursday Clients</p>	<p>20</p> <p>Weekly Meal Delivery for Friday Clients</p>
	<p>24</p> <p>Weekly Meal Delivery for Tuesday Clients</p> <p>31</p> <p>Weekly Meal Delivery for Tuesday Clients</p>	<p>25</p> <p>Weekly Meal Delivery for Wednesday Clients</p>	<p>26</p> <p>Weekly Meal Delivery for Thursday Clients</p>	<p>27</p> <p>Weekly Meal Delivery for Friday Clients</p>

***** 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.

Know your PORTIONS

It's hard to recognize correct portions with larger plates and super-sized portions. Adding to the confusion, packaged food can contain multiple servings so we must look at the nutrition facts closely to determine what a single serving is.

You can estimate healthy portions anywhere by using your hands as a guide (see chart for additional portions):

- Protein (meat, poultry, fish): palm of your hand
- Grains/starches (rice, pasta, potatoes): one cupped hand
- Fruits: one whole fist
- Vegetables: two open hands
- Fats (oil, butter, nut butter): one thumb
- Snacks (nuts, dried fruit): one small cupped hand

Why DOES Portion Control Matter?

It helps regulate calorie intake, supports balanced nutrition throughout the day and prevents mindless overeating. It also encourages mindful eating habits, and helps manage blood sugar and energy levels!

Hand Symbol	Equivalent	Foods	Calories
	Fist 1 cup	Rice, pasta Fruit Veggies	200 75 40
	Palm 3 ounces	Meat Fish Poultry	160 160 160
	Handful 1 ounce	Nuts Raisins	170 85
	2 Handfuls 1 ounce	Chips Popcorn Pretzels	150 120 100
	Thumb 1 ounce	Peanut butter Hard cheese	170 100
	Thumb tip 1 teaspoon	Cooking oil Mayonnaise, butter Sugar	40 35 15

Serving Size vs. Portion Size

- Serving size is a standardized amount listed on a Nutrition Facts label
- Portion size is the amount you choose to eat, which may be more or less than one serving

Word Search

ST. PATRICK'S DAY

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

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.



CLOVER

IRELAND

PARADE

COINS

IRISH

PATRICK

CORNER BEEF

LEPRECHAUN

POT OF GOLD

TRADITION

LUCK

RAINBOW

GREEN

MARCH

SHAMROCK

