



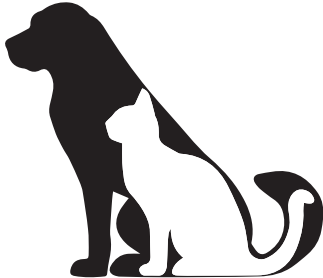

Our mission is to assist individuals to live independently by providing nutrition and caring, supportive services.

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 for delivery schedule.</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>1</p> <p>Weekly Meal Delivery for Friday Clients</p>	<p>2</p> <p>Weekly Meal Delivery for Friday Clients</p>	<p>3</p> <p>Weekly Meal Delivery for Friday Clients</p>	<p>4</p> <p>Weekly Meal Delivery for Friday Clients</p>	
	<p>5</p> <p>Weekly Meal Delivery for Tuesday Clients</p> <p>Produce Day for Tuesday Clients</p>	<p>6</p> <p>Weekly Meal Delivery for Wednesday Clients</p> <p>Produce Day for Wednesday Clients</p>	<p>7</p> <p>Weekly Meal Delivery for Thursday Clients</p> <p>Produce Day for Thursday Clients</p>	<p>8</p> <p>Weekly Meal Delivery for Friday Clients</p> <p>Produce Day for Friday Clients</p>	
	<p>12</p> <p>Weekly Meal Delivery for Tuesday Clients</p>	<p>13</p> <p>Weekly Meal Delivery for Wednesday Clients</p>	<p>14</p> <p>Weekly Meal Delivery for Thursday Clients</p>	<p>15</p> <p>Weekly Meal Delivery for Friday Clients</p>	
	<p>19</p> <p>Weekly Meal Delivery for Tuesday Clients</p>	<p>20</p> <p>Weekly Meal Delivery for Wednesday Clients</p>	<p>21</p> <p>Weekly Meal Delivery for Thursday Clients</p>	<p>22</p> <p>Weekly Meal Delivery for Friday Clients</p>	
	<p>26</p> <p>Weekly Meal Delivery for Tuesday Clients</p>	<p>27</p> <p>Weekly Meal Delivery for Wednesday Clients</p>	<p>28</p> <p>Weekly Meal Delivery for Thursday Clients</p>	<p>29</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.

THIS for THAT: Healthy Snack Choices

Snacking can be a great way for older adults to keep energy steady throughout the day if they are mindful that picking healthy snack alternatives is the key!

SWAP...	Why?	Tip!
Chips... for Lightly Salted Popcorn or Whole-Grain Crackers	More fiber and whole grains, less unhealthy fat and sodium	Add herbs or Mrs. Dash for extra flavor
Cookies... for Fresh Fruit or Fruit Cups in 100% Juice	Natural sweetness, vitamins, hydration, and fiber	Try berries, clementines, or sliced apples
Candy... for Trail Mix (Nuts, Seeds, & Unsweetened Dried Fruit)	Healthy fats and protein help keep you full longer	Keep portions small (¼ cup)
Ice Cream... for Yogurt Parfait	More protein and probiotics with less added sugar	Add fruit and a sprinkle of granola
Cheese & Crackers... for Veggies & Hummus	Boosts fiber, vitamins, and plant-based protein	Try cucumbers, zucchini slices, bell peppers, or baby carrots
Large Muffins... for Whole-Grain Toast with Peanut Butter	Less sugar, more whole grains and healthy fats	Add sliced banana or strawberries
Pastries... for Oatmeal Cups or Overnight Oats	Provides energy without the sugar crash	Try adding walnuts, pecans, or almonds for crunch
Sugary Drinks... for Water with Fruit or Herbal Tea	Reduces sugar while supporting hydration	Add lemon and cucumber for extra hydration

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 Memorial Day!

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



AMERICA
BLUE
DECORATION
FLAG
GRAVE
HONOR



MEMORIAL
MONDAY
MONUMENT
PATRIOTIC
PICNIC
RED



RESPECT
SOLDIER
STARS
TRADITION
VETERANS
WREATH

