



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.
Pureed meals available.

Ask about Convenient Cuisine!

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



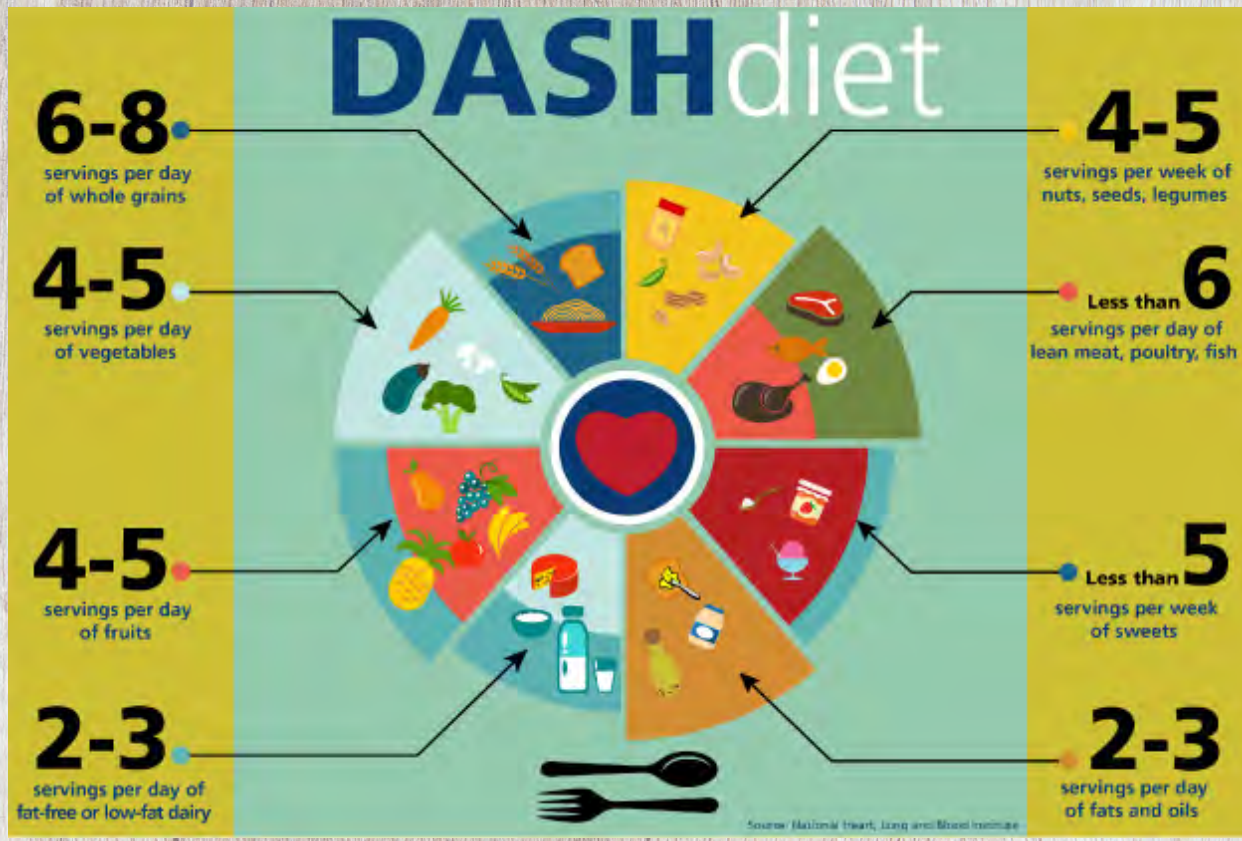
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CLOSED Labor Day 	3 Beef Stroganoff Whole-Wheat Noodles Carrots Broccoli Tropical Fruit	4 Apple Ginger Pork Chop Mixed Vegetables Mashed Potatoes Cinnamon Peaches	5 Cajun Turkey "Chuckwagon" Corn Spinach Mandarin Oranges	6 Honey Mustard Chicken Brussels Sprouts Sweet Potatoes Applesauce
9 Herb Baked Chicken Green & Wax Beans Roasted Red Potatoes Mandarin Oranges	10 Sesame-Ginger Turkey over Brown Rice Broccoli Diced Pineapple	11 Whole Wheat Penne Pasta with Ground Turkey Meat Sauce Mixed Vegetables Diced Pears	12 Glazed Pork Chop Peas & Carrots Mashed Potatoes Diced Peaches	13 Mediterranean Chicken Orzo Italian Green Beans Spinach Tropical Fruit
16 Herbed Turkey Peas & Pearl Onions Mashed Potatoes Baked Apples	17 Tomato-Basil Chicken Broccoli & Cauliflower New Potatoes Diced Pears	18 Beef BBQ Brussels Sprouts Mashed Potatoes Diced Peaches	19 Fiesta Pork Chop Sautéed Peppers Sweet Potatoes Fruit Cocktail	20 Chicken Stir Fry over Brown Rice Cabbage Asian Vegetable Blend Diced Pineapple
23 Meatloaf Mashed Potatoes Broccoli Diced Peaches	24 Oven-Baked Chicken Mixed Vegetables Oven Roasted Potatoes Tropical Fruit	25 PRODUCE DAY Roast Pork Brussels Sprouts Mashed Potatoes Cinnamon Apples	26 Turkey a l'Orange Broccoli New Potatoes Diced Pineapple	27 Beef Burgundy Zucchini & Yellow Squash Mashed Potatoes Diced Pears
30 Chicken Almondine Broccoli Herbed Potatoes Fruit Cocktail	PET FOOD AVAILABLE We can help with food for your pet! Dogs or cats—2 times a month, delivered on Thursdays, free of charge. Please call by 9 am Tuesday.			

ALTERNATE MEALS: Call (941) 747-4655 to substitute one of the meals below for a given day. Requests will be fulfilled based on meal availability and applies to daily hot meals only. Please give one business day notice for substitutions. Optional meal substitutions are limited to four per month. **Options: (A) Chicken Parmesan, Green Beans, and Mixed Vegetables or (B) Lemon Butter Fish, Garlic Zucchini and Yellow Squash, Boiled New Potatoes, and Spiced Peaches.** Menu subject to change without notice.

The DASH of High Blood Pressure!

The DASH diet is a flexible and balanced eating plan that helps create a heart-healthy eating style for life and decrease blood pressure. The DASH eating plan requires no special foods and instead provides daily and weekly nutritional goals. This plan recommends:

- Eating vegetables, fruits, and whole grains.
- Including fat-free or low-fat dairy products, fish, poultry, beans, nuts, and vegetable oils.
- Limiting foods that are high in saturated fat, such as fatty meats, full-fat dairy products, and tropical oils such as coconut, palm kernel, and palm oils.
- Limiting sugar-sweetened beverages and sweets.



Aging Gracefully

A Distinguished Speaker Series for Aging Adults, Seniors, and Caregivers.

Presented by



THURSDAY, SEPTEMBER 12, 2019 | 5:30-7:00 PM

PREVENTING FINANCIAL SCAMS AND SENIOR FRAUD

Join us for an informative presentation by Melissa Leedom, the CEO of Secure Aging, a Financial Care Management company focusing on senior care management and senior advocacy. As a Certified Public Accountant, Melissa began her career in Philadelphia, PA with PriceWaterhouseCoopers in Audit and Forensic Consulting. Melissa has a Masters of Business Administration degree from Drexel University. She later joined The Vanguard Group where she held various executive leadership positions during her eleven-year tenure in Finance, Accounting, Strategy, and Risk and Compliance.



The Aging Gracefully Speaker Series is open to those caring for an aging loved one, who are in need of support and resources.

Open to the public. No admission fee. Light refreshments will be provided.

RSVP BY CALLING 941-748-3001

AGING GRACEFULLY SPEAKER SERIES WILL BE HELD AT:



Daybreak Adult Day Center
Spring Forest Business Park
10920 State Road 70 East, Lakewood Ranch, FL 3420

Daybreak Adult Day Center is a PLUS program owned and operated by Meals on Wheels PLUS of Manatee.

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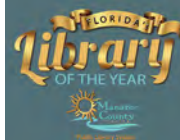
IT'S EASY!

On your first visit to **smile.amazon.com**, select **Meals on Wheels PLUS** to receive donations and **AmazonSmile** will do the rest!

New Service Available to Homebound Manatee County Residents

Manatee County Public Libraries now offers free delivery of library materials to the elderly, disabled and those who are temporarily incapacitated.

Email rachel.suntop@mymanatee.org
or call 941-748-5555, x6331,
for more information.



[@manalibraries](http://mymanatee.org/library)

