Meals on Wheels Nutritional Information

Updated 04/2024

#	Item Name and Allergens	Cals	Carb	Pro	Fat	Sat Fat	Chol	Fiber	Sug	Sug (Add)	Vit A	Vit B12	Vit C	Vit D	Vit K	Calc	Pot	Sod	Phos	Magn	Iron
	DINNERS/LUNCHES	kcal	g	g	g	g	mg	g	g	g	mcg	mcg	mg	IU	mcg	mg	mg	mg	mg	mg	mg
1	**Verde Chicken** Soy	360	43	34	6	2	80	5	4	0	35	0	11	0	2	38	730	730	204	37	3
4	**Macaroni and Cheese** Egg, Milk, Soy, Wheat	350	60	12	8	3	15	8	20	11	57	0	60	0	85	182	520	490	170	67	4
7	**Roast Turkey** Milk, Soy, Wheat	290	43	19	4	0	15	5	5	0	195	0	43	0	21	86	840	1020	256	58	3
8	**Beef Lasagna** Milk, Soy, Wheat	270	44	15	5	3	15	4	20	2	75	1	84	3	36	212	850	580	96	64	2
9	**Salisbury Steak** Milk, Soy, Wheat	350	30	16	19	7	40	6	6	0	619	2	30	1	15	85	726	500	264	68	3
12	**Meatloaf** Milk, Soy, Wheat	320	32	19	14	5	25	7	2	0	107	0	4	0	0	96	931	660	5	3	4
13	**Braised Beef Tips** Milk, Soy, Wheat	230	22	22	6	2	55	3	1	0	468	2	6	0	290	110	520	630	242	88	4
14	**Spaghetti w/ Meatballs** Milk, Soy, Wheat	420	53	18	16	6	35	6	21	1	117	1	41	1	38	122	1010	530	226	76	4
16	**Swedish Meatballs** Milk, Soy, Wheat	360	38	17	17	6	35	8	7	0	675	1	62	0	99	138	660	590	217	56	3
19	**Baked Fish** Fish	250	26	30	3	0	90	5	3	0	476	4	7	0	291	188	1220	590	331	151	4
20	**Breaded Chicken** Milk, Soy, Wheat	370	37	21	2	3	45	5	6	0	609	0	28	0	20	67	880	550	297	50	2
21	**Chicken Stir Fry** Sesame, Soy, Wheat	230	32	22	4	1	40	7	12	0	1251	0	14	0	404	188	810	570	180	103	4
23	**Lemon Pepper Fish** Egg, Fish, Milk, Soy, Tree Nuts, Wheat	410	50	13	18	5	50	1	17	0	74	2	2	8	5	31	230	570	327	26	2
26	**Chicken Pot Pie** Milk, Wheat	460	69	25	10	5	40	9	30	11	239	0	24	0	37	76	680	650	275	83	4
31	**Cheese Enchilada** Milk	490	79	18	12	7	25	12	4	0	234	0	10	2	22	273	690	1150	313	33	3
33	**Chik'n Fajita** Soy, Tree Nuts, Wheat	320	46	17	7	3	0	6	17	0	35	0	20	0	2	38	410	500	128	36	2
34	**Sweet and Sour Chik'n** Soy, Wheat	320	65	18	2	0	0	4	35	17	102	0	46	0	41	73	400	580	70	33	3
35	**Chili Macaroni** Tree Nuts, Wheat	360	63	14	8	5	0	12	20	0	107	0	67	0	89	121	990	550	240	85	4

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#	**DINNERS/LUNCHES (contd.)**	kcal	g	g	g	g	mg	g	g	g	mcg	mcg	mg	IU	mcg	mg	mg	mg	mg	mg	mg
36	**Pasta Marinara** Soy, Tree Nuts, Wheat	460	62	26	14	4	0	6	22	3	100	0	39	0	38	145	1060	760	113	62	6
39	**Chana Masala** Soy, Tree Nuts	330	56	10	6	1	0	6	15	0	708	0	5	0	1	187	910	310	58	111	4
40	**BBQ Pork** None	290	33	22	8	3	70	5	22	6	1094	0	44	0	509	160	540	610	48	39	3
42	**Jambalaya** Soy	550	70	28	17	5	60	8	5	0	290	0	70	14	487	227	1070	790	317	63	4
#	**BREAKFASTS**	kcal	g	g	g	g	mg	g	g	g	mcg	mcg	mg	IU	mcg	mg	mg	mg	mg	mg	mg
1b	**Cheese Omelet** Egg, Milk, Soy, Wheat	380	31	17	20	9	280	3	16	0	512	2	2	65	1	290	310	620	344	29	2
2b	**Turkey Sausage Sandwich** Egg, Milk, Soy, Wheat	410	46	21	16	6	165	5	14	1	148	1	60	59	85	224	560	940	340	42	4
3b	**French Toast** Egg, Milk, Soy, Wheat	240	35	11	7	2	190	3	17	0	131	1	4	37	2	73	310	410	200	25	3
4b	**Breakfast Burrito** Egg, Milk, Soy, Wheat	450	51	13	23	8	95	2	13	0	119	1	15	3	8	180	450	780	314	43	3
5b	**Biscuit and Gravy** Egg, Milk, Wheat, Tree Nuts	340	40	11	16	8	175	2	15	0	98	1	4	41	5	63	270	930	146	19	2
6b	**Huevos Rancheros** Tree Nuts	410	61	15	11	3	0	8	20	1	113	0	32	0	1	116	740	720	171	62	3

Analysis is for frozen meal only - Does not include roll, rice, or milk.

Item	SIDES	Cals	Carb	Pro	Fat	Sat Fat	Chol	Fiber	Sugar	Sugar (Add)	Vit A	Vit B12	Vit C	Vit D	Vit K	Calc	Pot	Sod	Phos	Magn	Iron
***	**Whole Grain Roll** Wheat	160	30	6	2	0	0	3	4	3	0	0	0	0	0	65	96	290	8	1	1
800	**Rice** No allergens	100	23	2	0	0	0	1	0	0	0	0	0	0	0	10	35	0	33	8	1
821	**Milk** Milk	80	12	8	0	0	4	0	12	0	162	0	1	200	0	287	389	125	225	0	0

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