



# Meals on Wheels Nutritional Information

Updated 07/2022

#	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	
		kcal	g	g	g	g	mg	g	g	g	mcg	mcg	mg	IU	mcg	mg	mg	mg	mg	mg	mg	
	<b>DINNERS/LUNCHESES</b>																					
4	<b>Macaroni and Cheese</b> Egg, Milk, Soy, Wheat	310	62	10	4	1	5	8	23	11	63	0	60	0	85	169	520	440	170	67	4	
7	<b>Roast Turkey</b> Milk, Soy, Wheat	300	42	19	5	2	15	5	5	0	195	0	43	0	21	86	740	1050	256	58	3	
9	<b>Salisbury Steak</b> Egg, Milk, Soy Wheat	380	30	19	20	7	50	6	6	0	620	2	30	1	15	93	720	660	277	70	3	
11	<b>Country Fried Steak</b> Milk, Soy, Wheat, Tree Nuts	380	61	16	8	3	20	6	6	0	92	3	41	0	25	148	550	1030	114	55	5	
12	<b>Meatloaf</b> Soy, Wheat	340	34	19	14	5	25	7	5	0	150	0	9	0	0	104	820	720	257	3	3	
13	<b>Braised Beef Tips</b> Soy, Wheat	320	21	29	13	6	65	3	1	0	468	2	6	0	290	136	730	800	254	88	4	
14	<b>Spaghetti w/Meatballs</b> Milk, Soy, Wheat	380	51	20	12	5	35	7	21	1	104	1	40	1	38	125	830	410	196	72	5	
16	<b>Swedish Meatballs</b> Soy, Wheat	320	35	19	12	5	35	8	7	0	660	1	62	0	99	137	590	430	192	51	3	
23	<b>Lemon Pepper Fish</b> Egg, Fish, Milk, Wheat, Tree Nuts, Sesame	410	50	13	18	5	50	1	17	0	74	1	2	8	5	31	230	570	327	26	2	
26	<b>Chicken Pot Pie</b> Milk, Soy, Wheat	430	69	20	9	3	35	8	30	11	233	0	24	3	37	79	630	670	410	84	4	
35	<b>Chili Macaroni</b> Wheat, Tree Nuts	360	62	14	8	5	0	12	20	0	104	0	67	0	89	121	950	550	240	86	4	
36	<b>Pasta Marinara</b> Soy, Wheat	460	62	25	14	4	0	6	22	3	100	0	39	0	38	145	1020	760	113	62	6	
37	<b>Chickpea Tomato Curry</b> No allergens	390	78	18	2	0	0	10	24	0	273	0	26	0	39	103	1110	570	175	46	6	
38	<b>Veggie Stir Fry</b> Soy, Wheat	350	63	20	2	0	0	7	17	12	115	0	77	0	95	176	960	1010	103	35	5	
50	<b>Thai Coconut Curry</b> Soy	466	60	24	16	4	0	8	11	4	465	1	61	47	34	400	735	228	119	46	4	
51	<b>Veggie Fajita</b> Soy	510	66	29	16	2	0	8	7	0	54	0	14	0	2	164	637	608	204	68	5	
52	<b>Duba Wat</b> No allergens	466	65	19	17	1	0	20	14	0	407	0	49	0	381	231	1295	576	373	115	7	
53	<b>Bo Kho</b> Soy	479	52	31	17	3	65	8	10	1	395	1	20	0	62	93	823	555	330	98	5	

	Item Name and Allergens	Cals	Carb	Pro	Fat	Sat Fat	Chol	Fiber	Sugar	Sug (Add)	Vit A	Vit B12	Vit C	Vit D	Vit K	Calc	Pot	Sod	Phos	Magn	Iron
#	DINNERS/LUNCHESES (contd.)	kcal	g	g	g	g	mg	g	g	g	mcg	mcg	mg	IU	mcg	mg	mg	mg	mg	mg	mg
54	<b>Suugo Suqaar</b> Wheat	564	63	30	21	4	73	11	12	0	348	1	41	6	23	109	1090	385	293	60	5
55	<b>Rice and Bean Bowl</b> Milk	456	65	19	14	3	13	12	5	0	84	0	20	3	19	171	790	561	379	88	5
56	<b>Fish a La Veracruzana</b> Fish	470	52	31	15	2	77	5	6	0	572	3	128	75	36	776	582	332	77	3	3
57	<b>Sweet &amp; Sour Chicken</b> Soy, Sesame	524	60	34	16	2	72	7	21	7	270	0	69	4	106	96	769	604	379	96	3
58	<b>Chicken Amarillo</b> No allergens	506	58	37	14	2	72	7	10	0	206	0	25	4	33	74	769	379	402	103	5
59	<b>Ginger Chicken</b> Soy, Sesame	498	52	39	14	3	64	9	7	0	334	0	68	4	62	115	730	496	401	106	4
#	BREAKFASTS	kcal	g	g	g	g	mg	g	g	g	mcg	mcg	mg	IU	mcg	mg	mg	mg	mg	mg	mg
60	<b>Huevos Rancheros</b> No allergens	507	64	24	18	3	6	17	5	0	16	0	21	0	13	141	866	686	372	138	4
61	<b>Breakfast Sandwich</b> Wheat	475	52	21	21	3	0	6	4	0	17	0	33	0	3	50	621	702	68	29	3
1b	<b>Cheese Omelet</b> Egg, Milk, Soy, Wheat	380	32	17	20	9	280	3	17	0	512	0	2	65	1	290	310	620	345	30	2
3b	<b>French Toast</b> Egg, Milk, Soy, Wheat	240	35	11	7	2	190	3	17	0	131	0	4	37	2	73	310	410	200	25	3
4b	<b>Breakfast Burrito</b> Egg, Milk, Soy, Wheat	460	51	13	23	8	95	2	13	0	119	1	15	36	8	176	450	780	314	43	2
5b	<b>Biscuit and Gravy</b> Egg, Milk, Wheat, Tree Nuts	400	55	11	16	5	175	2	15	0	98	1	4	41	5	76	400	1130	390	29	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
***	<b>Whole Grain Roll</b> Egg, Milk, Soy, Wheat	130	26	7	1	0	0	4	2	0	0	0	13	0	0	0	10	340	8	1	1
800	<b>Rice</b> No allergens	150	33	3	0	0	0	1	0	0	0	0	0	0	0	9	10	0	37	6	1
821	<b>Milk</b> Milk	80	12	8	0	0	4	0	12	0	162	0	1	200	0	287	389	125	225	0	0

**Sound Generations Meals on Wheels**  
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