

Meals on Wheels San Antonio

August 2019 - Menu B

Monday	Tuesday	Wednesday	Thursday	Friday
Notes: 1) Nutrition calculated with milk as the beverage 2) Meal and side items may be different. Modifications will be made to meet dietary requirements. 3) If you need to cancel your meal or if you have questions, please call (210)735-5115)		From the Dietitian: If you follow a diabetic diet and need fewer carbs per meal, divide your meal in half, eat the fruit at later time, or drink water instead of milk. Nutrition Goals: >600 calories Protein:>20g Sodium:<1000mg Fat: <30% of total calories Fiber: >7g Nutrition Averages: Cal.: 671 Protein: 37g Fat: 19g Fiber: 10g Sodium: 688 Carbs: 90	August 1 st Deluxe Egg Salad Italian Pasta Salad Ambrosia Salad Dinner Roll	August 2 nd Caldo de Pollo Lime Cilantro Rice Garden Blend Crackers Tapioca
August 5 th Cheeseburger on Bun Confetti Pasta Salad Green Beans Mustard Pineapple Cup	August 6 th Spinach Parmesan Pasta Garlic Breadstick Honey Cinnamon Applesauce	August 7 th Vegetable Egg Roll Oriental Blend Nutty Buddy Wafer Bar	August 8 th Beef Stroganoff Key Biscayne Blend Dinner Roll Lemon Cookie	August 9 th Beef and Onions and Gravy Wild Rice Green Beans Wheat Bread Mixed Fruit Cup
August 12 th Beef and Broccoli Stir-Fry over Noodles Oriental Blend Fortune Cookie	August 13 th Chicken Paella French Bread Butterscotch Pudding	August 14 th Bowtie Lasagna Capri Blend Dinner Roll Vanilla Pudding	August 15 th Chicken Jambalaya Garden Blend Mini Cornbread Loaf	August 16 th Cheese Ravioli with Meaty Marinara Sauce Key Biscayne Blend Dinner Roll Peaches & Crème Parfait
August 19 th Chicken Piccata Garlic Mashed Potatoes Malibu Blend Strawberry Applesauce	August 20 th Chicken Pasta Primavera Dinner Roll Fruit Cocktail Snickerdoodle Cookie	August 21 st Pepper Steak Veggie Fried Rice Oriental Blend Fortune Cookie Pineapple Cup	August 22 nd <u>CHILLED MEAL</u> Tex-Mex Cobb Salad Ranch Dressing Dinner Roll Mixed Fruit Cup	August 23 rd Meatloaf with Gravy Rice Pilaf Green Beans Wheat Bread Fudge Round
August 26 th Chicken Parmigiana over Pasta Key Biscayne Blend Chocolate Pudding	August 27 th Turkey Vegetable Chili Malibu Blend Crackers Tapioca	August 28 th Beef and Cheese Empanadas Spanish Rice Roasted Corn & Black Beans Rice Pudding	August 29 th Beef and Onions with Gravy Wild Rice Green Beans Wheat Bread Mixed Fruit Cup	August 30 th <u>DOUBLE MEAL DELIVERY</u> Chicken Pot Pie topped with Biscuit Normandy Blend Sliced Apples