

May 2019 - Menu A

Menu Approved by Rhaizza Velasquez-Garcia, RD, LD License #DT84315 (expires 06/30/2019)

Monday	Tuesday	Wednesday	Thursday	Friday
Nutritional Meal Goals Calories: >600 calories Protein: >20g Carbohydrates: <100g Fat: <30% of total calories Fiber: >7g Sodium: <1000 mg	Average Meal Nutrition 671.17 calories 36.88 g 89.84 g 18.51 g (24.82%) 9.91 g 688.05 mg	Swiss Steak Topped with Tomato Sauce Buttery Mashed Potatoes Mixed Vegetables Fresh Fruit 96g Carbs	Creamy Sun-Dried Tomato Tortellini Citrus Roasted Veggies Fresh Fruit 84g Carbs	Crispy Pork Cutlet over Rice Pilaf Mixed Vegetables Fresh Fruit 97g Carbs
National Fruit Cocktail Day	Cheeseburger Casserole Sunshine Carrots Fresh Fruit 86g Carbs	Mexican Pork Tamales Spanish Rice Tex-Mex Pinto Beans Fresh Fruit 97g Carbs	French Onion Salisbury Steak over Buttery Mashed Potatoes Mixed Vegetable Fresh Fruit 87g Carbs	National Shrimp Day Pineapple Teriyaki Shrimp Seasoned Veggies Fresh Fruit 116g Carbs
Chicken and Waffle Sandwich Topped with Syrup Warm Fruit Cocktail 79g Carbs	Mushroom Chicken and Quinoa Mixed Vegetables Fresh Fruit 75g Carbs	Chilled Meal Asian Cobb Salad Fig Bar 74g Carbs	Cheese Pizza Italian Pasta Salad Fresh Fruit 86g Carbs	Szechuan Chicken over Rice Seasoned Veggies Fresh Fruit 102g Carbs
Tender Beef Patty over Pilaf Vegetable Blend Buttery Dinner Roll Fresh Fruit 97g Carbs	Chicken Parmesan Pasta Garlic Butter Breadstick Fresh Fruit 89g Carbs	National Vanilla Pudding Day Fish Fillet over Lime Cilantro Rice Roasted Corn and Black Beans Tartar Sauce Vanilla Pudding 109g Carbs	Meatloaf Topped with Gravy Buttery Mashed Potatoes Seasoned Green Beans Fresh Fruit 98g Carbs	Double Meal Delivery Chicken Pot Pie Wheat Biscuit Warm Squash Salad Cinnamon Baked Apple 68g Carbs
Chilled Meal-MOW Closed	National Brisket Day	Roasted Garlic Tilapia over Pilaf Warm Squash Salad Buttery Dinner Roll Fresh Fruit Tarter Sauce 90g Carbs	Lasagna Roll-ups with Marinara Mixed Vegetables Fresh Fruit 91g Carbs	Chicken Chilaquiles Spanish Rice Tex-Mex Corn Zucchini Salad Fresh Fruit 83g Carbs
Classic Chicken Salad Creamy Coleslaw Buttery Dinner Roll Peach Crisp 56g Carbs	Brisket with BBQ Sauce Buttery Mashed Potatoes Seasoned Green Beans Fresh Fruit 103g Carbs			

From the Dietician:

The amount of carbohydrates listed for each meal includes a carton of milk. If you follow a diabetic diet, look at the number of carbs per meal. If the number is too high, divide your meal in half and save it for later, eat your dessert/fruit later, or drink water instead of milk.

Notes:

- 1) The nutrition information is calculated with milk as your beverage.
- 2) Meal and side items may be different. Modifications will be made to meet dietary requirements.
- 3) We will be closed on Monday, May 27th for Memorial Day. Your holiday meal will be delivered on Friday, May 24th.
- 4) Frozen meals are prepared separately and will not be the same as the meals listed on this menu.
- 5) If you need to cancel your meals or if you have any questions, please call (210)735-5115.