

May 2019 - Menu B

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 677.11 calories 29.32 g 97.07 g 17.71 g (23.54%) 7.67 g 616.72 mg	Swiss Steak Topped with Tomato Sauce Mediterranean Quinoa Mixed Vegetables Assorted Pudding 100g Carbs	Creamy Sun-Dried Tomato Tortellini Citrus Roasted Veggies Assorted Pudding 85g Carbs	Crispy Chicken over Rice Pilaf Mixed Vegetables Fruit Cup 111g Carbs
National Fruit Cocktail Day	Mac Beef Casserole Sunshine Carrots Assorted Applesauce	Mexican Beef Tamales Rice Pilaf Tex-Mex Corn Zucchini Salad Fruit Cup 104g Carbs	French Onion Salisbury Steak over Mediterranean Quinoa Mixed Vegetable Strawberry Orange Gel 87g Carbs	Chicken Lo Mein Seasoned Veggies Assorted Pudding 90g Carbs
Chicken and Waffle Sandwich Topped with Syrup Warm Fruit Cocktail 95g Carbs				
Mushroom Chicken and Quinoa Mixed Vegetables Assorted Pudding 71g Carbs	Beef Topped with Gravy Buttery Mashed Potatoes Sunshine Carrots Fruit Cup 98g Carbs	Chilled Meal Asian Cobb Salad Fig Bar 79g Carbs	Cheese Pizza Italian Pasta Salad Assorted Pudding 100g Carbs	Szechuan Chicken over Rice Seasoned Veggies Assorted Applesauce 134g Carbs
Tender Beef Patty over Pilaf Vegetable Blend Buttery Dinner Roll Fruit Cup 94g Carbs	Chicken Parmesan Pasta Garlic Butter Breadstick Assorted Applesauce 103g Carbs	National Vanilla Pudding Day Chicken with Mustard Sauce over Lime Cilantro Rice Roasted Corn and Black Beans Vanilla Pudding 119g Carbs	Apple Cider Beef Stew Crackers Assorted Pudding 94g Carbs	Double Meal Delivery Chicken Pot Pie Wheat Biscuit Warm Squash Salad Cinnamon Baked Apple 84g Carbs
Chilled Meal-MOW Closed	National Brisket Day	Chicken Fajita Wrap Rice Pilaf Assorted Pudding 109g Carbs	Lasagna Roll-ups with Sauce Mixed Vegetables Assorted Pudding 103g Carbs	Chicken Chilaquiles Rice Pilaf Tex-Mex Corn Zucchini Salad Fruit Cup 102g Carbs
Classic Chicken Salad Creamy Coleslaw Buttery Dinner Roll Peach Crisp 72g Carbs	Brisket with BBQ Sauce Mac and Cheese Seasoned Green Beans Assorted Applesauce 109g 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 Apple Juice 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.			