

June 2019 - Menu A

Menu Approved by Rhaizza Velasquez-Garcia, RD, LD License #DT84315 (expires 06/30/2021)

RVG, RD, LD 5/14/2019

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 741.99 calories 36.88 g 88.27 g 26.44 g (32.07%) 7.44 g 685.88 mg			
Chilled Meal	Caldo de Pollo	Classic Cheeseburger	Spinach Parmesan Pasta	Butter Crumb Pollock
Deluxe Egg Salad Italian Pasta Salad Ambrosia Salad Buttery Dinner Roll 62g Carbs	Spanish Rice Seasoned Garden Veggies Crackers Assorted Pudding 96g Carbs	Confetti Pasta Salad Seasoned Green Beans Mustard Fresh Fruit 87g Carbs	Garlic Breadstick Fresh Fruit 71g Carbs	over Rice Pilaf Green Veggies with Carrots Baked Cinnamon Apple Tartar Sauce Nutty buddy wafer bar 89g Carbs
Beef Stroganoff w. Mushroom Colorful Vegetable Medley Buttery Dinner Roll Lemon Cookie 87g Carbs	Flavorful BBQ Pork Creamy Mashed Potatoes Seasoned Green Bean Wheat Bread Fig Bar 107g Carbs	Beef and Broccoli Stir Fry over Noodle Green Veggies with Mushroom Fortune Cookie Fresh Fruit 81g Carbs	Spanish Paella French bread Assorted Pudding 100g Carbs	Bowtie Lasagna Broccoli Salad Buttery Dinner Roll Fresh Fruit 74g Carbs
Chicken Jambalaya Seasoned Garden Veggies Cornbread Mini Loaf Fresh Fruit 81g Carbs	Cheese Ravioli Topped with Meaty Marinara Sauce Colorful Vegetable Medley Buttery Dinner Roll Peaches and Crème Parfait 97g Carbs	Pork Piccata Garlic Mashed Potatoes Seasoned Veggies Assorted Applesauce 104g Carbs	Breaded Fish Sandwich Confetti Pasta Salad Fruit Cocktail Snickerdoodle Cookie 114g Carbs	Pepper Steak Veggie Fried Rice Green Veggies with Mushroom Fortune Cookie Fresh Fruit 81g Carbs
Chilled Meal	Homemade Meatloaf	National Chocolate Pudding Day	Turkey Vegetable Chili	Cheesy Beef Empanadas
Tex-Mex Cobb Salad Ranch Dressing Buttery Dinner Roll Fresh Fruit 73g Carbs	Creamy Mashed Potatoes Seasoned Green Beans Wheat Bread Fudge Round 98g Carbs	Chicken Parmigiana over Pasta Colorful Vegetable Medley Chocolate Pudding 74g Carbs	Seasoned Veggies Crackers Fresh Fruit 80g Carbs	Spanish Rice Rstd Corn and Black Beans Assorted Pudding 104g Carbs
From the Dietitian:	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. 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.			