

June 2019 - Menu B

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

IXA, PA, W 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 733.41 calories 30.86 g 102.19 g 22.08 g (27.10%) 7.24 g 638.55 mg				
Chilled Meal				
Deluxe Egg Salad	Lime Cilantro Rice	Classic Cheeseburger	Spinach Parmesan Pasta	Vegetable Egg Roll
Italian Pasta Salad	Seasoned Garden Veggies	Confetti Pasta Salad	Garlic Breadstick	Veggie Fried Rice
Ambrosia Salad	Crackers	Seasoned Green Beans	Assorted Applesauce	Green Veggies with Mushroom
Buttery Dinner Roll	Assorted Pudding	Mustard	Fruit Cup	Nutty buddy wafer bar
79g Carbs	109g Carbs	101g Carbs	94g Carbs	110g Carbs
Beef Stroganoff w. Mushroom	Beef Topped with Gravy	Beef and Broccoli Stir Fry	Spanish Paella	Bowtie Lasagna
Colorful Vegetable Medley	Mediterranean Quinoa	over Noodle	French bread	Broccoli Salad
Buttery Dinner Roll	Seasoned Green Bean	Green Veggies with Mushroom	Assorted Pudding	Buttery Dinner Roll
Lemon Cookie	Wheat Bread	Fortune Cookie		Assorted Pudding
104g Carbs	109g Carbs	90g Carbs	118g Carbs	84g Carbs
Chicken Jambalaya	Cheese Ravioli Topped	Chicken Piccata	Chicken Pasta Primavera	Pepper Steak
Seasoned Garden Veggies	with Meaty Mushroom Sauce	Garlic Mashed Potatoes	Buttery Dinner Roll	Veggie Fried Rice
Cornbread Mini Loaf	Colorful Vegetable Medley	Seasoned Veggies	Fruit Cocktail	Green Veggies with Mushroom
	Buttery Dinner Roll	Assorted Applesauce	Snickerdoodle Cookie	Fortune Cookie
	Peaches and Crème Parfait			Fruit Cup
102g Carbs	117g Carbs	108g Carbs	107g Carbs	94g Carbs
Chilled Meal				
Tex-Mex Cobb Salad	Homemade Meatloaf	National Chocolate Pudding Day	Turkey Vegetable Chili	Cheesy Beef Empanada
Ranch Dressing	Rice Pilaf	Chicken Parmigiana	Seasoned Veggies	Spanish Rice
Buttery Dinner Roll	Seasoned Green Beans	over Pasta	Crackers	Rstd Corn and Black Beans
Fruit Cup	Wheat Bread	Colorful Vegetable Medley	Assorted Pudding	Assorted Pudding
	Fudge Round	Chocolate Pudding		
92g Carbs	111g Carbs	90g Carbs	99g Carbs	121g 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 Apple Juice 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.				