

DECEMBER 2024 HOMEBOUND MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12/2	12/3	12/4	12/5	12/6
Cheesy Southwest Omelet [6] Baked Hashbrown Rounds [23] Steamed Broccoli Florets [6] * <i>Strawberry Yogurt [21] *</i> <i>Granola [20] *</i> 720 calories / 33 grams protein	Enchiladas Verdes [29] Cilantro Lime Rice [25] * Zesty Black Beans [23] * <i>Fresh Orange [17] *</i> 705 calories / 35 grams protein	Chicken Meatballs with Pasta [34] Italian Vegetable Medley [11] * Spring Peas & Pearls [11] * <i>Garlic Bread [14] *</i> <i>Diced Peas [17] *</i> 790 calories / 45 grams protein	Traditional Arroz con Pollo [27] Flame-Roasted Corn [17] * Spanish Green Beans [9] * <i>Mini Concha [24] *</i> <i>Pineapple Tidbits [15] *</i> 705 calories / 45 grams protein	Creamy Beef Stroganoff [25] Seasoned Brussels Sprouts [8] * Candied Carrots [13] * <i>Sliced Bread [13] *</i> <i>Vanilla Pudding [17] *</i> 730 calories / 50 grams protein
12/9	12/10	12/11	12/12	12/13
BBQ Glazed Chicken [9] Creamy Mac n' Cheese [20] * Herbed Green Beans [7] * <i>Cornbread Loaf [29] *</i> <i>Assorted Gelatin [23] *</i> 715 calories / 45 grams protein	Spiced Lentil Stew [35] Brown Rice Pilaf [25] * Asparagus with Red Peppers [5] * <i>Buttermilk Biscuit [27]</i> <i>Fresh Apple Slices [15] *</i> 720 calories / 31 grams protein	Old-Fashioned Swiss Steak [14] Garlicky Mashed Potatoes [17] * Southern Succotash [21] * <i>Whole Grain Dinner Roll [26]</i> <i>Diced Peaches [12] *</i> 715 calories / 36 grams protein	Tangy Orange Chicken [40] over Fluffy Rice [22] * Steamed Vegetable Dumplings [12] * Winter Vegetable Medley [7] * <i>Fortune Cookie [4] *</i> 715 calories / 33 grams protein	Jackie's Classic Cheeseburger [2] Oven-Baked Potato Wedges [25] * Parslied Peas & Carrots [9] * <i>Hamburger Bun [23]</i> <i>Ketchup & Mustard [3]</i> <i>Lettuce, Tomato, & Onion [4] *</i> <i>Mixed Fruit [15] *</i> 720 calories / 34 grams protein
12/16	12/17	12/18	12/19	12/20
Traditional Cheese Enchiladas [30] Cilantro Lime Rice [25] * Zesty Black Beans [23] * <i>Diced Mango [17] *</i> 705 calories / 30 grams protein	Hearty Beef Shepherd's Pie [22] Steamed Broccoli Florets [6] * Simply Sweet Corn [17] * <i>Garlic Bread [14] *</i> <i>Fresh Grapes [21] *</i> 700 calories / 36 grams protein	Smothered Chicken & Dressing [29] Roasted Sweet Potatoes [14] * Seasoned Brussels Sprouts [8] * <i>Whole Grain Dinner Roll [26] *</i> <i>Mandarin Oranges [16] *</i> 715 calories / 50 grams protein	Signature Carne Guisada [12] Spanish Rice [25] * Herbed Green Beans [7] * <i>Sliced Bread [13] *</i> <i>Chocolate Chip Cookie [32] *</i> 720 calories / 42 grams protein	Oven Baked Chicken Tenders [16] Creamy Mac n' Cheese [20] * Garden Vegetable Medley [11] * <i>BBQ Sauce [10] *</i> <i>Chocolate Pudding [19] *</i> 730 calories / 42 grams protein
12/23	12/24	MOWSA CLOSED 12/25	12/26	12/27
Cheesy Stromboli Bites [48] Homemade Marinara Sauce [11] Italian Vegetable Medley [11] * <i>Mixed Fruit [15] *</i> 705 calories / 31 grams protein	Homestyle Meatloaf [16] Garlicky Mashed Potatoes [17] * Parslied Peas & Carrots [9] * <i>Sliced Bread [13] *</i> <i>Cinnamon Applesauce [17] *</i> 745 calories / 41 grams protein	Traditional Beef Tamales [24] Spanish Rice [25] * Refried Beans [21] * <i>Mild Salsa [5]</i> <i>Holiday Sugar Cookie [22] *</i> 775 calories / 34 grams protein	Breaded Chicken Piccata [13] Garden Rice Pilaf with Lentils [21] * Asparagus with Red Peppers [5] * <i>Whole Grain Dinner Roll [26]</i> <i>Diced Peaches [12] *</i> 715 calories / 43 grams protein	Savory Sloppy Joe [16] over a Sweet Cornbread Bowl [33] Winter Vegetable Medley [7] * Simply Sweet Corn [17] * <i>Assorted Gelatin [23] *</i> 795 calories / 33 grams protein
12/30	12/31	MOWSA CLOSED 1/1	1/2	1/3
Captain's Fish Sandwich [15] Ancient Grains & Kale Medley [13] * Seasoned Carrot Coins [8] * <i>Hamburger Bun [23]</i> <i>Tartar Sauce [2] *</i> <i>Sundried Raisins [29] *</i> 720 calories / 34 grams protein	Sesame Chicken Stir-Fry [29] over Fluffy Rice [22] * Vegetable Spring Rolls [19] Steamed Broccoli Florets [6] * <i>Fortune Cookie [4] *</i> 710 calories / 38 grams protein	Texas Smoked Brisket [9] Zesty Black-Eyed Peas [17] Herbed Green Beans [7] * <i>Sliced Bread [13] *</i> <i>Holiday Sugar Cookie [22] *</i> 705 calories / 41 grams protein	Savory Salisbury Steak [7] Garlicky Mashed Potatoes [17] * Southern Succotash [21] * <i>Whole Grain Dinner Roll [26]</i> <i>Mandarin Oranges [16] *</i> 700 calories / 34 grams protein	Smothered Chicken Pizziola [7] Italian Seasoned Orzo [21] Spring Peas & Pearls [11] * <i>Garlic Bread [14]</i> <i>Fresh Banana [26] *</i> 730 calories / 54 grams protein
ALL MEALS ARE SERVED WITH 2% MILK. MENU SUBJECT TO CHANGE WITHOUT NOTICE. TO CANCEL A MEAL PLEASE CALL BY 2:00 PM PRIOR TO THE NEXT DELIVERY DAY AT (210)-735-5115.				
LEGEND:	[X] = Grams of Carbohydrates per Serving	* = Low Sodium (≤140 mg/serving)	BOLD = In Tray	<i>Italic = Outside Tray (Side Item)</i>
COMMENTS:	For those watching their carbohydrate intake, the amount (grams) of carbs per serving is listed beside each menu item in brackets []. Generally, it is recommended that meals consist of 45-75 grams of carbohydrates while a snack consist of 15-30 grams of carbohydrates.			
MENU APPROVED BY:	Lauren Petley, MS, RDN, LDN (Registration: 86147166, Exp: 8/31/2025)(License: DT88677, Exp: 6/20/2025) <i>Lauren Petley, RDN, LDN</i> 11/15/24			

DICIEMBRE 2024 MENÚ DE DOMICILO				
LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
12/2	12/3	12/4	12/5	12/6
Tortilla de Huevo Con Queso [6] Croquetas de Papas [23] Floretes de Brócoli [6] * Yogur de Fresa [21] * Granola [20] * 720 calorías / 33 gramos de proteína	Enchiladas Verdes [29] Arroz con Cilantro Y Lima [25] * Frijoles Negros [23] * Maranja [17] * 705 calorías / 35 gramos de proteína	Albóndigas de Pollo sobre Pasta [34] Mezcla de Vegetales [11] * Chicharos y Cebollas [11] * Pan de Ajo [14] * Peras Cortadas en Cubitos [17] * 790 calorías / 45 gramos de proteína	Arroz con Pollo [27] Elote Tostado al Fuego [17] * Ejotes a la Española [9] * Concha [24] * Piña Cortada [15] * 705 calorías / 45 gramos de proteína	Stroganoff de Res [25] Repollitos de Bruselas [8] * Zanahorias Glaseadas [13] * Panecillo [13] * Pudín de Painilla [17] * 730 calorías / 50 gramos de proteína
12/9	12/10	12/11	12/12	12/13
Pollo Asado a la Barbacoa [9] Macarron con Queso [20] * Ejotes Verdes [7] * Pan de Maíz [29] * Gelatina Variada [23] * 715 calorías / 45 gramos de proteína	Sopa de Lentejas con Especies [35] Pilaf de Arroz [25] * Espárragos con Pimientos Rojos [5] * Panecillo [27] Rebanadas de Manzanas [15] * 720 calorías / 31 gramos de proteína	Filete de Res Suizo [14] Puré de Papas al Ajo [17] * Succotash [21] * Panecillo [26] Duraznos Cortados en Cubitos [12] * 715 calorías / 36 gramos de proteína	Pollo a la Naranja [40] sobre Arroz [22] * Empanadillas de Verduras al Vapor [12] * Mezcla de Vegetales [7] * Galleta de la Fortuna [4] * 715 calorías / 33 gramos de proteína	Jackie's Hamburguesa con Queso [2] Papas Fritas [25] * Chicharos y Zanahorias [9] * Pan de Hamburguesa [23] Ketchup y Mostaza [3] Lechuga, Tomate, Cebolla [4] * Mezcla de Frutas [15] * 720 calorías / 34 gramos de proteína
12/16	12/17	12/18	12/19	12/20
Enchiladas de Queso [30] Arroz con Cilantro y Lima [25] * Frijoles Negros [23] * Mango Cortado en Cubitos [17] * 705 calorías / 30 gramos de proteína	Pastel de Pastor con Carne [22] Floretes de Brócoli [6] * Elote [17] * Pan de Ajo [14] * Uvas [21] * 700 calorías / 36 gramos de proteína	Pollo en Salsa y Aliño [29] Camotes Asados [14] * Repollitos de Bruselas [8] * Panecillo [26] * Naranjas Mandarinas [16] * 715 calorías / 50 gramos de proteína	Carne Guisada [12] Arroz Español [25] * Ejotes Verdes [7] * Panecillo [13] * Galleta con Chispas de Chocolate [32] * 720 calorías / 42 gramos de proteína	Filetes de Pollo [16] Macarrones con Queso [20] * Mezcla de Vegetales [11] * Salsa Barbacoa [10] * Pudín de Chocolate [19] * 730 calorías / 42 gramos de proteína
12/23	12/24	MOWSA CERRADO 12/25	12/26	12/27
Bocaditos de Stromboli con Queso [48] Salsa Marinera [11] Mezcla de Vegetales [11] * Mezcla de Frutas [15] * 705 calorías / 31 gramos de proteína	Pastel de Carne [16] Puré de Papas al Ajo [17] * Chicharos y Zanahorias [9] * Panecillo [13] * Puré de Manzana [17] * 745 calorías / 41 gramos de proteína	Tamales de Carne [24] Arroz Español [25] * Frijoles Refritos [21] * Salsa [5] Galleta de Azúcar [22] * 775 calorías / 34 gramos de proteína	Piccata de Pollo [13] Pilaf de Arroz con Lentejas [21] * Espárragos con Pimientos Rojos [5] * Panecillo [26] Duraznos Cortados en Cubitos [12] * 715 calorías / 43 gramos de proteína	Sloppy Joe Sabroso [16] sobre Pan de Maíz Dulce [33] Mezcla de Vegetales [7] * Elote [17] * Gelatina Variada [23] * 795 calorías / 33 gramos de proteína
12/30	12/31	MOWSA CERRADO 1/1	1/2	1/3
Sándwich de Pescado del Capitán [15] Mezcla de Cereal y Col Rizada [13] * Zanahorias Sazonadas [8] * Pan de Hamburguesa [23] Salsa Tártara [2] * Pasas Secadas Al Sol [29] * 720 calorías / 34 gramos de proteína	Pollo con Vegetales Asados [29] sobre Arroz [22] * Rollito de Primavera de Verduras [19] Floretes de Brócoli [6] * Galleta de la Fortuna [4] * 710 calorías / 38 gramos de proteína	Brisket BBQ Ahumada [9] Frijol de Ojo Negro [17] Ejotes Verdes [7] * Panecillo [13] * Galleta de Azúcar [22] * 705 calorías / 41 gramos de proteína	Filete Salisbury [7] Puré de Papas al Ajo [17] * Succotash [21] * Panecillo [26] Naranjas Mandarinas [16] * 700 calorías / 34 gramos de proteína	Pollo a la Pizzaiola [7] Pasta Orzo [21] Chicharos y Cebollas [11] * Pan de Ajo [14] Plátano [26] * 730 calorías / 54 gramos de proteína
TODAS LAS COMIDAS SE SIRVEN CON LECHE DE 2%. MENU SUJETO A CAMBIOS SIN AVISO. PARA CANCELAR UNA ENTREGA DE COMIDA, LLAME AL 210-735-5115 ANTES DE LAS 2:00 P.M. DEL DIA SIGUIENTE DE ENTREGA.				
LEYENDA:	[X] = Gramos de carbohidratos por porción * = Bajo en Sodio (140 mg por porción)		PALABRAS = En la bandeja	PALABRAS = Fuera de la bandeja
COMENTARIOS:	Para quienes controlan su consumo de carbohidratos, la cantidad (gramos) de carbohidratos por porción aparece al lado de cada elemento del menú, entre paréntesis []. Se recomienda que las comidas consten de 45 a 75 gramos de carbohidratos, mientras que la merienda conste de 15 a 30 gramos de carbohidratos.			
MENU APROBADO POR:	Lauren Petley, MS, RDN, LDN (Registration: 86147166, Exp: 8/31/2025)(License: DT88677, Exp: 6/20/2025) <i>Lauren Petley, RDN, LDN</i> 11/15/24			