

FEBRUARY 2025 HOMEBOUND MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2/3	2/4	2/5	2/6	2/7
Cheesy Stromboli Bites [48] Homemade Marinara Sauce [10] Italian Vegetable Medley [11] * <i>Cinnamon Applesauce [17] *</i> 715 calories / 31 grams protein	Breaded Chicken Piccata [13] Garden Rice Pilaf with Lentils [21] * Asparagus & Red Peppers [5] * <i>Whole Grain Dinner Roll [26]</i> <i>Fresh Grapes [21] *</i> 745 calories / 43 grams protein	Creamy Swedish Meatballs [9] over a bed of Bow Tie Pasta [21] * Parslied Peas & Carrots [9] * Seasoned Cauliflower Florets [4] * <i>Sliced Bread [13] *</i> <i>Assorted Gelatin [23] *</i> 710 calories / 38 grams protein	Not So Sloppy Joe [16] over a Sweet Cornbread [33] Winter Vegetable Medley [7] * Simply Sweet Corn [17] * <i>Diced Peaches [12] *</i> 755 calories / 34 grams protein	Chicken Fajita Bowl [2] * with Steamed Brown Rice [22] * Black Bean & Corn Salsa [14] * Ranchero Sauce [6] <i>Tortilla Chips [18] *</i> <i>Pineapple Tidbits [15] *</i> 720 calories / 52 grams protein
2/10	2/11	2/12	2/13	2/14
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>Fruit in Gelatin [24] *</i> 710 calories / 33 grams protein	Texas Smoked Brisket [9] Roasted Red Potatoes [15] * Herbed Green Beans [7] * <i>Cornbread Loaf Cake [29] *</i> <i>Fresh Banana [26] *</i> 775 calories / 36 grams protein	Sesame Chicken Stir-Fry [29] over Fluffy White Rice [22] * Vegetable Spring Rolls [19] Steamed Broccoli Florets [6] * <i>Fortune Cookie [4] *</i> 710 calories / 38 grams protein	Savory Salisbury Steak [6] Garlicky Mashed Potatoes [17] * Southern Succotash [21] * <i>Whole Grain Dinner Roll [26]</i> <i>Mandarin Oranges [16] *</i> 700 calories / 33 grams protein	HAPPY VALENTINE'S DAY Smothered Chicken Pizzaiola [9] Italian Seasoned Orzo [21] Spring Peas & Pearl Onions [11] * <i>Garlic Bread [14] *</i> <i>Holiday Sugar Cookie [22] *</i> 745 calories / 51 grams protein
2/17	2/18	2/19	2/20	2/21
Nonna's Three Cheese Lasagna [34] Parslied Peas & Carrots [9] * Seasoned Cauliflower Florets [4] * <i>Whole Grain Dinner Roll [26]</i> <i>Chocolate Pudding [19] *</i> 705 calories / 30 grams protein	Southern Chicken Fried Chicken [13] Creamy Mashed Potatoes [17] * Asparagus with Red Peppers [5] * <i>Buttermilk Biscuit [27]</i> <i>Fresh Apple Slices [15] *</i> 715 calories / 38 grams protein	Hearty Turkey Chili [18] over a Sweet Cornbread Bowl [33] Winter Vegetable Medley [7] * Simply Sweet Corn [17] * <i>Assorted Gelatin [23] *</i> 725 calories / 38 grams protein	Calabacitas con Pollo [17] Spanish Rice [25] * Refried Beans [21] * <i>Tortilla Chips [18] *</i> <i>Mixed Fruit [15] *</i> 750 calories / 47 grams protein	Homestyle Meatloaf [16] Garlicky Mashed Potatoes [17] * Garden Vegetable Medley [11] * <i>Sliced Bread [13] *</i> <i>Cinnamon Applesauce [17] *</i> 760 calories / 41 grams protein
2/24	2/25	2/26	2/27	2/28
Cheesy Southwest Omelet [6] Oven Baked Tater Tots [17] Steamed Broccoli Florets [5] * <i>Strawberry Yogurt [21] *</i> <i>Granola [20] *</i> 705 calories / 32 grams protein	Green Chile Chicken [4] Cilantro Lime Rice [25] * Zesty Black Beans [23] * <i>Tortilla Chips [18] *</i> <i>Fresh Orange [17] *</i> 755 calories / 51 grams protein	Creamy Beef Stroganoff [25] Seasoned Brussels Sprouts [8] * Candied Carrot Coins [15] * <i>Sliced Bread [13] *</i> <i>Vanilla Pudding [17] *</i> 780 calories / 50 grams protein	Traditional Arroz con Pollo [29] * Flame-Roasted Corn [17] * Spanish Green Beans [9] * <i>Mini Concha [24] *</i> <i>Pineapple Tidbits [15] *</i> 720 calories / 46 grams protein	Classic Baked Ziti [24] Italian Vegetable Medley [11] * Spring Peas & Pearl Onions [11] * <i>Garlic Bread [14] *</i> <i>Diced Pears [17] *</i> 775 calories / 42 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> 1/3/25			

FEBRERO 2025 MENÚ DE DOMICILIO

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
2/3	2/4	2/5	2/6	2/7
Bocaditos de Stromboli con Queso [48] Salsa Marinera [10] Mezcla de Vegetales [11] * Puré de Manzana [17] * 715 calorías / 31 gramos de proteína	Piccata de Pollo [13] Pilaf de Arroz con Lentejas [21] * Espárragos con Pimientos Rojos [5] * Panecillo [26] Uvas [21] * 745 calorías / 43 gramos de proteína	Albóndigas Suecas Cremosas [9] sobre Pasta [21] * Chicharos y Zanahorias [9] * Floretes de Coliflor [4] * Panecillo [13] * Gelatina Variada [23] * 710 calorías / 38 gramos de proteína	Sloppy Joe Sabroso [16] sobre Pan de Maíz Dulce [33] Mezcla de Vegetales [7] * Elote [17] * Duraznos Cortados en Cubitos [12] * 755 calorías / 34 gramos de proteína	Tazón de Fajita de Pollo [2] * sobre Arroz [22] * Salsa de Frijoles Negros y Maíz [14] * Salsa Ranchero [6] Chips de Tortilla [18] * Piña Cortada [15] * 720 calorías / 52 gramos de proteína
2/10	2/11	2/12	2/13	2/14
Sándwich de Pescado del Capitán [15] Mezcla de Cereal y Col Rizada [13] * Zanahorias Sazonadas [8] * Pan de Hamburguesa [23] Salsa Tártara [2] * Gelatina con Fruta [24] * 710 calorías / 33 gramos de proteína	Brisket BBQ Ahumada [9] Papas Asadas [15] * Ejotes Verdes [7] * Pan de Maíz [29] * Plátano [26] * 775 calorías / 36 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	Filete Salisbury [6] Puré de Papas al Ajo [17] * Succotash [21] * Panecillo [26] Naranjas Mandarinas [16] * 700 calorías / 33 gramos de proteína	FELIZ DÍA DE SAN VALENTÍN Pollo a la Pizzaiola [9] Pasta Orzo [21] Chicharos y Cebollas [11] * Pan de Ajo [14] * Galleta de Azúcar [22] * 745 calorías / 51 gramos de proteína
2/17	2/18	2/19	2/20	2/21
Lasaña de Tres Quesos [34] Chicharos y Zanahorias [9] * Floretes de Coliflor [4] * Panecillo [26] Pudín de Chocolate [19] * 705 calorías / 30 gramos de proteína	Pollo Frito con Pollo [13] Puré de Papas Cremoso [17] * Espárragos y Pimientos Rojos [5] * Panecillo [27] Rebanadas de Manzanas [15] * 715 calorías / 38 gramos de proteína	Chili de Pavo [18] sobre Pan de Maíz Dulce [33] * Mezcla de Vegetales [7] * Elote [17] * Gelatina Variada [23] * 725 calorías / 38 gramos de proteína	Calabacitas con Pollo [17] Arroz Español [25] * Frijoles Refritos [21] * Chips de Tortilla [18] * Mezcla de Frutas [15] * 750 calorías / 47 gramos de proteína	Pastel de Carne [16] Puré de Papas al Ajo [17] * Mezcla de Vegetales [11] * Panecillo [13] * Puré de Manzana [17] * 760 calorías / 41 gramos de proteína
2/24	2/25	2/26	2/27	2/28
Tortilla de Huevo Con Queso [6] Oven Baked Tater Tots [17] Floretes de Brócoli [5] * Yogur de Fresa [21] * Granola [20] * 705 calorías / 32 gramos de proteína	Pollo con Chile Verde [4] Arroz con Cilantro Y Lima [25] * Frijoles Negros [23] * Chips de Tortilla [18] * Naranja [17] * 755 calorías / 51 gramos de proteína	Stroganoff de Res [25] Repollitos de Bruselas [8] * Zanahorias Glaseadas [15] * Panecillo [13] * Pudín de Vainilla [17] * 780 calorías / 50 gramos de proteína	Arroz con Pollo [29] * Elote Tostado al Fuego [17] * Ejotes a la Española [9] * Concha [24] * Piña Cortada [15] * 720 calorías / 46 gramos de proteína	Ziti al Horno [24] Mezcla de Vegetales [11] * Chicharos y Cebollas [11] * Pan de Ajo [14] * Peras Cortadas en Cubitos [17] * 775 calorías / 42 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) Lauren Petley, RDN, LDN 1/3/25			