

JANUARY 2025 HOMEBOUND MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12/30	12/31	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 Pizzaiola [7] Italian Seasoned Orzo [21] Spring Peas & Pearl Onions [11] * <i>Garlic Bread [14]</i> <i>Fresh Banana [26] *</i> 730 calories / 54 grams protein
1/6	1/7	1/8	1/9	1/10
Nonna's Three Cheese Lasagna [35] Parslied Peas & Carrots [9] * Seasoned Cauliflower Florets [4] * <i>Whole Grain Dinner Roll [26]</i> <i>Chocolate Pudding [19] *</i> 740 calories / 34 grams protein	Southern Chicken Fried Chicken [13] Creamy Mashed Potatoes [17] * Asparagus with Red Peppers [5] * <i>Buttermilk Biscuit [27]</i> <i>Fresh Grapes [21] *</i> 745 calories / 39 grams protein	Rachel's Hearty Turkey Chili [18] over a Sweet Cornbread Bowl [33] * Winter Vegetable Medley [7] * Simply Sweet Corn [17] * <i>Fruited Gelatin [19] *</i> 730 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
1/13	1/14	1/15	1/16	1/17
Cheesy Southwest Omelet [6] Baked Hashbrown Rounds [23] Steamed Broccoli Florets [5] * <i>Strawberry Yogurt [21] *</i> <i>Granola [20] *</i> 730 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	Creamy Beef Stroganoff [25] Seasoned Brussels Sprouts [8] * Candied Carrots [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 Spaghetti & Meatballs [34] Italian Vegetable Medley [11] * Vanilla Glazed Apples [29] * <i>Garlic Bread [14] *</i> 780 calories / 40 grams protein
OFFICE CLOSED 1/20	1/21	1/22	1/23	1/24
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>Cinnamon Applesauce [17] *</i> 730 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	Flame-Grilled 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>Fresh Apple Slices [15] *</i> 710 calories / 34 grams protein
1/27	1/28	1/29	1/30	1/31
Traditional Cheese Enchiladas [30] Cilantro Lime Rice [25] * Zesty Black Beans [23] * <i>Chocolate Pudding [19] *</i> 725 calories / 36 grams protein	Hearty Beef Shepherd's Pie [21] Steamed Broccoli Florets [5] * Simply Sweet Corn [17] * <i>Garlic Bread [14] *</i> <i>Fresh Banana [26] *</i> 700 calories / 34 grams protein	Smothered Chicken & Dressing [29] Roasted Sweet Potatoes [14] * Seasoned Brussels Sprouts [8] * <i>Whole Grain Dinner Roll [26]</i> <i>Diced Pears [17] *</i> 730 calories / 51 grams protein	Signature Carne Guisada [8] Spanish Rice [25] * Herbed Green Beans [7] * <i>Sliced Bread [13] *</i> <i>Chocolate Chip Cookie [32] *</i> 775 calories / 54 grams protein	Oven Baked Chicken Tenders [16] Creamy Mac n' Cheese [20] * Garden Vegetable Medley [11] * <i>BBQ Sauce [10] *</i> <i>Mixed Fruit [15] *</i> 690 calories / 43 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	* = Low Sodium	BOLD = In Tray	<i>Italic</i> = Side Items
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> 12/4/24			

ENERO 2025

MENÚ DE DOMICILIO

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
12/30	12/31	OFICINA CERRADA 1/1	1/2	1/3
Sándwich de Pescado del Capitán [15] Mezcla de Cereal y Col Rizada [13] * Zanahorias Sazonadas [8] * <i>Pan de Hamburguesa [23]</i> <i>Salsa Tártara [2] *</i> <i>Pasas Secadas Al Sol [29] *</i> 720 calorías / 34 gramos de proteína	Pollo con Vegetales Asados [29] sobre Arroz [22] * Rollito de Primavera de Verduras [19] Floretes de Brócoli [6] * <i>Galleta de la Fortuna [4] *</i> 710 calorías / 38 gramos de proteína	Brisket BBQ Ahumada [9] Frijol de Ojo Negro [17] Ejotes Verdes [7] * <i>Panecillo [13] *</i> <i>Galleta de Azúcar [22] *</i> 705 calorías / 41 gramos de proteína	Filete Salisbury [7] Puré de Papas al Ajo [17] * Succotash [21] * <i>Panecillo [26]</i> <i>Naranjas Mandarinas [16] *</i> 700 calorías / 34 gramos de proteína	Pollo a la Pizzaiola [7] Pasta Orzo [21] Chicharos y Cebollas [11] * <i>Pan de Ajo [14]</i> <i>Plátano [26] *</i> 730 calorías / 54 gramos de proteína
1/6	1/7	1/8	1/9	1/10
Lasaña de Tres Quesos [35] Chicharos y Zanahorias [9] * Floretes de Coliflor [4] * <i>Panecillo [26]</i> <i>Pudín de Chocolate [19] *</i> 740 calorías / 34 gramos de proteína	Pollo Frito con Pollo [13] Puré de Papas Cremoso [17] * Espárragos y Pimientos Rojos [5] * <i>Panecillo [27]</i> <i>Uvas [21] *</i> 745 calorías / 39 gramos de proteína	Rachel's Chili de Pavo [18] sobre Pan de Maíz Dulce [33] * Mezcla de Vegetales [7] * Elote [17] * <i>Gelatina con Fruta [19] *</i> 730 calorías / 38 gramos de proteína	Calabacitas con Pollo [17] Arroz Español[25] * Frijoles Refritos [21] * <i>Chips de Tortilla [18] *</i> <i>Mezcla de Frutas [15] *</i> 750 calorías / 47 gramos de proteína	Pastel de Carne [16] Puré de Papas al Ajo [17] * Mezcla de Vegetales [11] * <i>Panecillo [13] *</i> <i>Puré de Manzana [17] *</i> 760 calorías / 41 gramos de proteína
1/13	1/14	1/15	1/16	1/17
Tortilla de Huevo Con Queso [6] Croquetas de Papas [23] Floretes de Brócoli [5] * <i>Yogur de Fresa [21] *</i> <i>Granola [20] *</i> 730 calorías / 33 gramos de proteína	Enchiladas Verdes [29] Arroz con Cilantro Y Lima [25] * Frijoles Negros [23] * <i>Maranja [17] *</i> 705 calorías / 35 gramos de proteína	Stroganoff de Res [25] Repollitos de Bruselas [8] * Zanahorias Glaseadas [15] * <i>Panecillo [13] *</i> <i>Pudín de Painilla [17] *</i> 780 calorías / 50 gramos de proteína	Arroz con Pollo [29] * Elote Tostado al Fuego [17] * Ejotes a la Española [9] * <i>Concha [24] *</i> <i>Piña Cortada [15] *</i> 720 calorías / 46 gramos de proteína	Espaguetis y Albóndigas [34] Mezcla de Vegetales [11] * Manzanas Glaseadas a la Vainilla [29] * <i>Pan de Ajo [14] *</i> 780 calorías / 40 gramos de proteína
OFICINA CERRADA 1/20	1/21	1/22	1/23	1/24
Pollo Asado a la Barbacoa [9] Macarron con Queso [20] * Ejotes Verdes [7] * <i>Pan de Maíz [29] *</i> <i>Gelatina Variada [23] *</i> 715 calorías / 45 gramos de proteína	Sopa de Lentejas con Especies [35] Pilaf de Arroz [25] * Espárragos con Pimientos Rojos [5] * <i>Panecillo [27]</i> <i>Puré de Manzana [17] *</i> 730 calorías / 31 gramos de proteína	Filete de Res Suizo [14] Puré de Papas al Ajo [17] * Succotash [21] * <i>Panecillo [26]</i> <i>Duraznos Cortados en Cubitos [12] *</i> 715 calorías / 36 gramos de proteína	Pollo a la Naranja [40] sobre Arroz [22] * Empanadillas de Verduras al Vapor [12] * Mezcla de Vegetales [7] * <i>Galleta de la Fortuna [4] *</i> 715 calorías / 33 gramos de proteína	Hamburguesa con Queso [2] Papas Fritas [25] * Chicharos y Zanahorias [9] * <i>Pan de Hamburguesa [23]</i> <i>Ketchup y Mostaza [3]</i> <i>Lechuga, Tomate, Cebolla [4] *</i> <i>Rebanadas de Manzanas [15] *</i> 710 calorías / 34 gramos de proteína
1/27	1/28	1/29	1/30	1/31
Enchiladas de Queso [30] Arroz con Cilantro y Lima [25] * Frijoles Negros [23] * <i>Pudín de Chocolate [19] *</i> 725 calorías / 36 gramos de proteína	Pastel de Pastor con Carne [21] Floretes de Brócoli [5] * Elote [17] * <i>Pan de Ajo [14] *</i> <i>Plátano [26] *</i> 700 calorías / 34 gramos de proteína	Pollo en Salsa y Aliño [29] Camotes Asados [14] * Repollitos de Bruselas [8] * <i>Panecillo [26] *</i> <i>Peras Cortadas en Cubitos [17] *</i> 730 calorías / 51 gramos de proteína	Carne Guisada [8] Arroz Español [25] * Ejotes Verdes [7] * <i>Panecillo [13] *</i> <i>Galleta con Chispas de Chocolate [32] *</i> 775 calorías / 54 gramos de proteína	Filetes de Pollo [16] Macarrones con Queso [20] * Mezcla de Vegetales [11] * <i>Salsa Barbacoa [10] *</i> <i>Mezcla de Frutas [15] *</i> 690 calorías / 43 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	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> 12/4/24			