

# JUNE 2025 HOMEBOUND MENU



| MONDAY                                                                                                                                                                                                                                       | TUESDAY                                                                                                                                                                                                                                                                                                                               | WEDNESDAY                                                                                                                                                                                                                                                      | THURSDAY                                                                                                                                                                                                                                                          | FRIDAY                                                                                                                                                                                                                                                    |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>6/2</b>                                                                                                                                                                                                                                   | <b>6/3</b>                                                                                                                                                                                                                                                                                                                            | <b>6/4</b>                                                                                                                                                                                                                                                     | <b>6/5</b>                                                                                                                                                                                                                                                        | <b>6/6</b>                                                                                                                                                                                                                                                |
| <b>Steak Fingers [15]</b><br>with <b>Mashed Potatoes [17] *</b><br><b>Garlicky Peas &amp; Carrots [10] *</b><br><b>Country Gravy [6] *</b><br><i>Whole Grain Roll [13] *</i><br><i>Mixed Fruit [16] *</i><br>655 calories / 29 grams protein | <b>Manicotti in Red Sauce [42]</b><br><b>Seasoned Carrot Coins [8] *</b><br><b>Brussels Sprouts [7] *</b><br><i>Wheat Bread [14] *</i><br><i>Orange [17] *</i> <br>715 calories / 37 grams protein                                                   | <b>Sloppy Joe Cornbread Bowl [46]</b><br><b>Mixed Vegetable Medley [13] *</b><br><b>Cauliflower Florets [4] *</b><br><i>Grapes [11] *</i><br>695 calories / 31 grams protein                                                                                   | <b>Breaded Chicken Piccata [13]</b><br><b>Herbed Bow Tie Pasta [22] *</b><br><b>Normandy Vegetable Medley [7] *</b><br><i>Whole Grain Roll [13] *</i><br><i>Banana [26] *</i><br>660 calories / 40 grams protein                                                  | <b>Turkey Picadillo [12]</b><br><b>Spanish Rice [24] *</b><br><b>Seasoned Green Beans [7] *</b><br><i>Buttermilk Biscuit [27]</i><br><i>Apple Slices [8] *</i><br>670 calories / 36 grams protein                                                         |
| <b>6/9</b>                                                                                                                                                                                                                                   | <b>6/10</b>                                                                                                                                                                                                                                                                                                                           | <b>6/11</b>                                                                                                                                                                                                                                                    | <b>6/12</b>                                                                                                                                                                                                                                                       | <b>6/13</b>                                                                                                                                                                                                                                               |
| <b>Chicken Marsala [6]</b><br><b>Whipped Sweet Potatoes [26] *</b><br><b>Herbed Green Peas [12] *</b><br><i>Whole Grain Roll [13] *</i><br><i>Diced Pears [17] *</i><br>645 calories / 35 grams protein                                      | <b>Sweet &amp; Sour Meatballs [23]</b><br>over <b>Sesame Rice [22] *</b><br><b>Vegetable Dumplings [12] *</b><br><b>Broccoli with Red Peppers [5] *</b><br><i>Fortune Cookie [4] *</i><br><i>Orange [17] *</i> <br>730 calories / 36 grams protein | <b>Cheese-Filled Pizza Bites [48]</b><br><b>Parslied Peas &amp; Carrots [10] *</b><br><b>Marinara Sauce [9]</b><br><i>Grapes [11] *</i> <br>660 calories / 30 grams protein | <b>Shepherd's Pie [22]</b><br><b>Winter Vegetable Medley [7] *</b><br><b>Seasoned Sweet Corn [18] *</b><br><i>Whole Grain Roll [13] *</i><br><i>Banana [26] *</i><br>720 calories / 37 grams protein                                                              | <b>Chicken Al Pastor Bowl [8] *</b><br>over <b>Steamed Brown Rice [22] *</b><br><b>Roasted Corn &amp; Black Beans [17] *</b><br><b>Ranchero Sauce [5]</b><br><i>Tortilla Chips [18] *</i><br><i>Apple Slices [8] *</i><br>675 calories / 46 grams protein |
| <b>6/16</b>                                                                                                                                                                                                                                  | <b>6/17</b>                                                                                                                                                                                                                                                                                                                           | <b>6/18</b>                                                                                                                                                                                                                                                    | <b>OFFICE CLOSED FOR<br/>JUNETEENTH</b>                                                                                                                                                                                                                           | <b>6/19</b>                                                                                                                                                                                                                                               |
| <b>BBQ Glazed Meatloaf [17]</b><br><b>Rosemary Roasted Potatoes [19] *</b><br><b>Seasoned Green Beans [7] *</b><br><i>Wheat Bread [14] *</i><br><i>Diced Peaches [14] *</i><br>625 calories / 34 grams protein                               | <b>Chicken Parmigiana [19]</b><br><b>Garlic Buttered Penne Pasta [22] *</b><br><b>Normandy Vegetable Medley [7] *</b><br><i>Whole Grain Roll [13] *</i><br><i>Orange [17] *</i><br>685 calories / 44 grams protein                                                                                                                    | <b>Beef Tamales [24]</b><br><b>Spanish Rice [24] *</b><br><b>Zesty Black Beans [20] *</b><br><i>Mild Salsa [5]</i><br><i>Grapes [11] *</i><br>640 calories / 30 grams protein                                                                                  | <b>Baked Chicken Tenders [16]</b><br><b>Mac n' Cheese [23]</b><br><b>Mixed Vegetable Medley [13] *</b><br><i>Ketchup [6] *</i><br><i>Applesauce [17] *</i><br>685 calories / 42 grams protein                                                                     | <b>Salisbury Steak [7]</b><br><b>Herbed Rice Pilaf [23] *</b><br><b>Italian Vegetable Medley [13] *</b><br><i>Whole Grain Roll [13] *</i><br><i>Raisins [30] *</i><br>670 calories / 29 grams protein                                                     |
| <b>6/23</b>                                                                                                                                                                                                                                  | <b>6/24</b>                                                                                                                                                                                                                                                                                                                           | <b>6/25</b>                                                                                                                                                                                                                                                    | <b>6/26</b>                                                                                                                                                                                                                                                       | <b>6/27</b>                                                                                                                                                                                                                                               |
| <b>Turkey Chili Cornbread Bowl [44]</b><br><b>Mixed Vegetable Medley [13] *</b><br><b>Cauliflower Florets [4] *</b><br><i>Mixed Fruit [16] *</i><br>640 calories / 35 grams protein                                                          | <b>Teriyaki Beef &amp; Broccoli [9]</b><br>over <b>Steamed Brown Rice [22] *</b><br><b>Vegetable Spring Rolls [13]</b><br><b>Gingered Carrots [7] *</b><br><i>Fortune Cookie [4] *</i><br><i>Orange [17] *</i><br>635 calories / 37 grams protein                                                                                     | <b>Chicken Fried Chicken [15]</b><br><b>Garlic Mashed Potatoes [17] *</b><br><b>Southern Style Okra [9] *</b><br><i>Cornbread Loaf [29] *</i><br><i>Grapes [11] *</i><br>715 calories / 35 grams protein                                                       | <b>Beef Stroganoff [17]</b><br><b>Italian Vegetable Medley [13] *</b><br><b>Herbed Green Peas [12] *</b><br><i>Whole Grain Roll [13] *</i><br><i>Banana [26] *</i><br>640 calories / 44 grams protein                                                             | <b>Chicken Enchiladas [32]</b><br><b>Cilantro Lime Rice [24]</b><br><b>Refried Beans [24] *</b><br><i>Apple Slices [8] *</i><br>695 calories / 34 grams protein                                                                                           |
| <b>6/30</b>                                                                                                                                                                                                                                  | <b>7/1</b>                                                                                                                                                                                                                                                                                                                            | <b>7/2</b>                                                                                                                                                                                                                                                     | <b>7/3</b>                                                                                                                                                                                                                                                        | <b>OFFICE CLOSED FOR<br/>INDEPENDENCE DAY</b>                                                                                                                                                                                                             |
| <b>Homestyle Meatloaf [8]</b><br>with <b>Mashed Potatoes [17] *</b><br><b>Seasoned Brussels Sprouts [7] *</b><br><b>Chuckwagon Corn [14] *</b><br><i>Wheat Bread [14] *</i><br><i>Diced Pears [17] *</i><br>630 calories / 32 grams protein  | <b>Rosemary Chicken [3]</b><br><b>Cornbread Dressing [25]</b><br><b>Mixed Vegetable Medley [13] *</b><br><i>Whole Grain Roll [13] *</i><br><i>Orange [17] *</i><br>620 calories / 36 grams protein                                                                                                                                    | <b>King Ranch Chicken Casserole [15]</b><br><b>Seasoned Green Beans [7] *</b><br><b>Sweet Corn [18] *</b><br><i>Tortilla Chips [18] *</i><br><i>Grapes [11] *</i><br>640 calories / 41 grams protein                                                           | <b>Three Cheese Lasagna [39]</b><br><b>Buttery Garlic Knot [27]</b><br><b>Parslied Peas &amp; Carrots [10] *</b><br><i>Banana [26] *</i> <br>735 calories / 39 grams protein | <b>Glazed Chicken Drumstick [2]</b><br><b>Corn off the Cob [18] *</b><br><b>Baked Beans [30]</b><br><i>Holiday Sugar Cookie [22] *</i><br><i>Applesauce [17] *</i><br>690 calories / 38 grams protein                                                     |

**ALL MEALS SERVED WITH 2% MILK. MENU SUBJECT TO CHANGE. FOR MORE INFORMATION CALL (210)735-5115.**

|                   |                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                    |                                                                                                                           |
|-------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|
| LEGEND:           | [X] = Grams of Carbohydrates<br><b>BOLD = In Tray</b>                                                                                                                                                                                                                                                                                                                                                            | * = Low Sodium (<140 mg per serving)<br><i>Italic = Side Items</i> |  = Meatless Meal (may contain dairy) |
| COMMENTS:         | 1. Daily calories and protein include the entire meal, side items, and 2% milk.<br>2. 2% Milk: 130 calories, 12 grams carbohydrates, 5 grams fat, 9 grams protein, 130 mg sodium.<br>3. For those watching their carbohydrate intake, the amount (grams) of carbs per serving is listed beside each menu item in brackets [].<br>It is generally recommended that meals consist of 45-75 grams of carbohydrates. |                                                                    |                                                                                                                           |
| MENU APPROVED BY: | Lauren Petley RDN, LDN (License: DT88677, Exp: 6/20/2027) <i>Lauren Petley RDN, LDN</i> 5/15/25                                                                                                                                                                                                                                                                                                                  |                                                                    |                                                                                                                           |

# JUNIO 2025

## MENÚ DE DOMICILIO



| LUNES                                                                                                                                                                                                                                                       | MARTES                                                                                                                                                                                                                                                                                                                                        | MIÉRCOLES                                                                                                                                                                                         | JUEVES                                                                                                                                                                                                                                            | VIERNES                                                                                                                                                                                                                                                        |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>6/2</b>                                                                                                                                                                                                                                                  | <b>6/3</b>                                                                                                                                                                                                                                                                                                                                    | <b>6/4</b>                                                                                                                                                                                        | <b>6/5</b>                                                                                                                                                                                                                                        | <b>6/6</b>                                                                                                                                                                                                                                                     |
| <b>Deditos de Filete Empanados [15]</b><br>con Puré de Papas [17] *<br><b>Chicharos y Zanahorias con Ajo [10] *</b><br><b>Salsa de Campo [6] *</b><br><i>Panecillo [13] *</i><br><i>Mezcla de Frutas [16] *</i><br>655 calorías / 29 gramos de proteína     | <b>Manicotti en Salsa Roja [42]</b><br><b>Zanahorias [8] *</b><br><b>Repollitos de Bruselas [7] *</b><br><i>Panecillo [14] *</i><br><i>Naranja [17] *</i>  715 calorías / 37 gramos de proteína                                                              | <b>Sloppy Joe</b><br>sobre Pan de Maíz Dulce [46]<br><b>Mezcla de Vegetales [13] *</b><br><b>Floretes de Coliflor [4] *</b><br><i>Uvas [11] *</i><br>695 calorías / 31 gramos de proteína         | <b>Piccata de Pollo [13]</b><br><b>Pasta con Hierbas [22] *</b><br><b>Mezcla de Vegetales [7] *</b><br><i>Panecillo [13] *</i><br><i>Plátano [26] *</i><br>660 calorías / 40 gramos de proteína                                                   | <b>Picadillo de Pavo [12]</b><br><b>Arroz Español [24] *</b><br><b>Ejotes Verdes [7] *</b><br><i>Panecillo [27]</i><br><i>Rebanadas de Manzanas [8] *</i><br>670 calorías / 36 gramos de proteína                                                              |
| <b>6/9</b>                                                                                                                                                                                                                                                  | <b>6/10</b>                                                                                                                                                                                                                                                                                                                                   | <b>6/11</b>                                                                                                                                                                                       | <b>6/12</b>                                                                                                                                                                                                                                       | <b>6/13</b>                                                                                                                                                                                                                                                    |
| <b>Pollo a la Marsala [6]</b><br><b>Puré de Camotes [26] *</b><br><b>Chicharos [12] *</b><br><i>Panecillo [13] *</i><br><i>Peras Cortadas en Cubitos [17] *</i><br>645 calorías / 35 gramos de proteína                                                     | <b>Albóndigas Agridulces [23]</b><br>con Arroz al Sésamo [22] *<br><b>Empanadillas de Verduras [12] *</b><br><b>Brócoli con Pimientos Rojos [5] *</b><br><i>Galleta de la Fortuna [4] *</i><br><i>Naranja [17] *</i>  730 calorías / 36 gramos de proteína | <b>Bocaditos de Pizza Rellenos de Queso [48]</b><br><b>Chicharos y Zanahorias [10] *</b><br><b>Salsa Marinara [9]</b><br><i>Uvas [11] *</i><br>660 calorías / 30 gramos de proteína               | <b>Pastel de Pastor con Carne [22]</b><br><b>Brócoli y Coliflor [7] *</b><br><b>Elote [18] *</b><br><i>Panecillo [13] *</i><br><i>Plátano [26] *</i><br>720 calorías / 37 gramos de proteína                                                      | <b>Pollo al Pastor [8] *</b><br>sobre Arroz Integral al Vapor [22] *<br><b>Elote Asado y Frijoles Negros [17] *</b><br><b>Salsa Ranchera [5]</b><br><i>Tortilla Chips [18] *</i><br><i>Rebanadas de Manzanas [8] *</i><br>675 calorías / 46 gramos de proteína |
| <b>6/16</b>                                                                                                                                                                                                                                                 | <b>6/17</b>                                                                                                                                                                                                                                                                                                                                   | <b>6/18</b>                                                                                                                                                                                       | <b>6/19</b>                                                                                                                                                                                                                                       | <b>6/20</b>                                                                                                                                                                                                                                                    |
| <b>Pastel de Carne a la BBQ [17]</b><br><b>Patatas Asadas con Romero [19] *</b><br><b>Ejotes Verdes [7] *</b><br><i>Panecillo [14] *</i><br><i>Duraznos Cortados en Cubitos [14] *</i><br>625 calorías / 34 gramos de proteína                              | <b>Pollo a la Parmesana [19]</b><br><b>Pasta con Mantequilla y Ajo [22] *</b><br><b>Mezcla de Vegetales [7] *</b><br><i>Panecillo [13] *</i><br><i>Naranja [17] *</i><br>685 calorías / 44 gramos de proteína                                                                                                                                 | <b>Tamales de Carne [24]</b><br><b>Arroz Español [24] *</b><br><b>Frijoles Negros [20] *</b><br><i>Salsa [5]</i><br><i>Uvas [11] *</i><br>640 calorías / 30 gramos de proteína                    | <b>OFICINA CERRADA POR JUNETEENTH</b><br><b>Filetes de Pollo [16]</b><br><b>Macarrones con Queso [23]</b><br><b>Mezcla de Vegetales [13] *</b><br><i>Ketchup [6] *</i><br><i>Puré de Manzana [17] *</i><br>685 calorías / 42 gramos de proteína   | <b>Filete Salisbury [7]</b><br><b>Arroz Pilaf [23] *</b><br><b>Mezcla de Vegetales [13] *</b><br><i>Panecillo [13] *</i><br><i>Pasas [30] *</i><br>670 calorías / 29 gramos de proteína                                                                        |
| <b>6/23</b>                                                                                                                                                                                                                                                 | <b>6/24</b>                                                                                                                                                                                                                                                                                                                                   | <b>6/25</b>                                                                                                                                                                                       | <b>6/26</b>                                                                                                                                                                                                                                       | <b>6/27</b>                                                                                                                                                                                                                                                    |
| <b>Chili de Pavo</b><br>sobre Pan de Maíz Dulce [44]<br><b>Mezcla de Vegetales [13] *</b><br><b>Floretes de Coliflor [4] *</b><br><i>Mezcla de Frutas [16] *</i><br>640 calorías / 35 gramos de proteína                                                    | <b>Teriyaki de Carne con Brócoli [9]</b><br>sobre Arroz Integral al Vapor [22] *<br><b>Rollito de Primavera de Verduras [13]</b><br><b>Zanahorias con Jengibre [7] *</b><br><i>Galleta de la Fortuna [4] *</i><br><i>Naranja [17] *</i><br>635 calorías / 37 gramos de proteína                                                               | <b>Pollo Frito con Pollo [15]</b><br><b>Puré de Papas al Ajo [17] *</b><br><b>Okra y Tomates [9] *</b><br><i>Pan de Maíz [29] *</i><br><i>Uvas [11] *</i><br>715 calorías / 35 gramos de proteína | <b>Stroganoff de Res [17]</b><br><b>Mezcla de Vegetales [13] *</b><br><b>Chicharos [12] *</b><br><i>Panecillo [13] *</i><br><i>Plátano [26] *</i><br>640 calorías / 44 gramos de proteína                                                         | <b>Enchiladas de Pollo [32]</b><br><b>Arroz con Cilantro y Lima [24]</b><br><b>Frijoles Refritos [24] *</b><br><i>Rebanadas de Manzanas [8] *</i><br>695 calorías / 34 gramos de proteína                                                                      |
| <b>6/30</b>                                                                                                                                                                                                                                                 | <b>7/1</b>                                                                                                                                                                                                                                                                                                                                    | <b>7/2</b>                                                                                                                                                                                        | <b>7/3</b>                                                                                                                                                                                                                                        | <b>7/4</b>                                                                                                                                                                                                                                                     |
| <b>Pastel de Carne [8]</b><br>con Puré de Papas [17] *<br><b>Repollitos de Bruselas [7] *</b><br><b>Elote con Pimientos y Cebollas [14] *</b><br><i>Panecillo [14] *</i><br><i>Peras Cortadas en Cubitos [17] *</i><br>630 calorías / 32 gramos de proteína | <b>Pollo al Romero [3]</b><br><b>Relleno de Pan de Maíz [25]</b><br><b>Mezcla de Vegetales [13] *</b><br><i>Panecillo [13] *</i><br><i>Naranja [17] *</i><br>620 calorías / 36 gramos de proteína                                                                                                                                             | <b>Pollo a la Cazuela King Ranch [15]</b><br><b>Ejotes Verdes [7] *</b><br><b>Elote [18] *</b><br><i>Tortilla Chips [18] *</i><br><i>Uvas [11] *</i><br>640 calorías / 41 gramos de proteína      | <b>Lasaña de Queso [39]</b><br><b>Pan de Ajo [27]</b><br><b>Chicharos y Zanahorias [10] *</b><br><i>Plátano [26] *</i>  735 calorías / 39 gramos de proteína | <b>OFICINA CERRADA POR DÍA DE LA INDEPENDENCIA</b><br><b>Pierna de Pollo Glaseado [2]</b><br><b>Elote [18] *</b><br><b>Frijoles Cocidos [30]</b><br><i>Galleta de Azúcar [22] *</i><br><i>Puré de Manzana [17] *</i><br>690 calorías / 38 gramos de proteína   |

**TODAS LAS COMIDAS SE SIRVEN CON LECHE AL 2%. MENU SUJETO A CAMBIOS SIN AVISO. PARA MAS INFORMACION LLAME AL 210-735-5115.**

|              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                       |                                                                                                                                   |
|--------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|
| LEYENDA:     | [X] = Gramos de carbohidratos por porción                                                                                                                                                                                                                                                                                                                                                                                                                                           | * = Bajo en Sodio (<140 mg de sodio)  |  = Comida sin Carne (puede contener lácteos) |
|              | <b>PALABRAS = En la bandeja</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                     | <i>PALABRAS = Fuera de la bandeja</i> |                                                                                                                                   |
| COMENTARIOS: | 1. Las calorías y proteínas diarias incluyen la comida completa, los acompañamientos y la leche al 2%.<br>2. 2% Leche: 130 calorías, 12 gramos de carbohidratos, 5 gramos de grasa, 9 gramos de proteína, 130 mg de sodio.<br>3. Para quienes controlan su consumo de carbohidratos, la cantidad (gramos) de carbohidratos por porción aparece al lado de cada elemento del menú, entre paréntesis [].<br>Se recomienda que las comidas consten de 45 a 75 gramos de carbohidratos. |                                       |                                                                                                                                   |