

MARCH 2025

HOMEBOUND MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3/3	3/4	3/5	3/6	3/7
BBQ Grilled Chicken [11] Macaroni & Cheese [20] * Southern Style Okra [9] <i>Cornbread [29] *</i> <i>Diced Peaches [18] *</i> 745 calories / 49 grams protein	Old-Fashioned Swiss Steak [13] Scalloped Potatoes [22] Peas & Pearl Onions [11] * <i>Sliced Wheat Bread [14] *</i> <i>Fresh Banana [26] *</i> 750 calories / 39 grams protein	Lemon Buttered Pollock [13] Herbed Rice Pilaf [24] * Italian Vegetable Medley [11] * <i>Whole Grain Roll [13] *</i> <i>Tartar Sauce [2] *</i> <i>Fresh Orange [17] *</i>  740 calories / 31 grams protein	Pub Burger with Cheese [1] Seasoned Potato Wedges [19] * Garden Vegetable Medley [11] * <i>Hamburger Bun [23]</i> <i>Ketchup [6] & Mustard [0] *</i> <i>Lettuce, Tomato, Onion [4] *</i> <i>Fresh Grapes [21] *</i> 785 calories / 38 grams protein	Manicotti in Red Sauce [42] Steamed Broccoli Florets [6] * Parslied Carrots [7] * <i>Garlic Bread [14] *</i> <i>Fresh Apple Slices [15] *</i> <i>Vanilla Pudding [17] *</i>  810 calories / 34 grams protein
3/10	3/11	3/12	3/13	3/14
Signature Carne Guisada [6] * Spanish Rice [25] * Green Beans [7] * <i>Buttermilk Biscuit [27]</i> <i>Mixed Fruit [19] *</i> 710 calories / 45 grams protein	Smothered Chicken [5] Maple Roasted Sweet Potatoes [23] * Brussels Sprouts [11] * <i>Cornbread [29] *</i> <i>Fresh Grapes [21] *</i> 740 calories / 51 grams protein	Breaded Steak Fingers [19] Garlicky Mashed Potatoes [17] * Peas & Carrots [9] * Country Gravy [6] * <i>Whole Grain Roll [13] *</i> <i>Fresh Banana [26] *</i> 750 calories / 33 grams protein	Chicken Al Pastor [4] * Steamed Brown Rice [22] * Roasted Corn & Black Beans [17] * Ranchero Sauce [5] <i>Tortilla Chips [18] *</i> <i>Fresh Apple Slices [15] *</i> 740 calories / 52 grams protein	Stromboli Bites [48] Garden Vegetable Medley [11] * Marinara Sauce [10] <i>Fresh Orange [17] *</i> <i>Assorted Gelatin [23] *</i>  820 calories / 34 grams protein
ST. PATRICK'S DAY 3/17	3/18	3/19	3/20	3/21
Traditional Irish Shepherd's Pie [22] Steamed Broccoli Florets [6] * Sweet Corn [20] * <i>Whole Grain Roll [13] *</i> <i>Cinnamon Applesauce [17] *</i> <i>Shamrock Sugar Cookie [22] *</i> 810 calories / 38 grams protein	Sweet & Sour Meatballs [24] over Fluffy Rice [22] * Steamed Vegetable Dumplings [12] * Stir Fry Vegetable Medley [12] * <i>Fortune Cookie [4] *</i> <i>Fresh Apple Slices [15] *</i> 730 calories / 31 grams protein	Grilled Chicken Piccata [6] Herbed Bow Tie Pasta [20] * Normandy Vegetable Medley [7] * <i>Garlic Bread [14] *</i> <i>Fresh Banana [26] *</i> 700 calories / 51 grams protein	Sloppy Joe Cornbread Bowl [47] Garden Vegetable Medley [11] * Parslied Cauliflower Florets [4] * <i>Fresh Grapes [21] *</i> 745 calories / 32 grams protein	Cheese Enchiladas [32] Cilantro Lime Rice [25] * Refried Beans [21] * <i>Fresh Orange [17] *</i> <i>Chocolate Pudding [19] *</i>  820 calories / 39 grams protein
3/24	3/25	3/26	3/27	3/28
BBQ Smoked Brisket [10] Rosemary Roasted Potatoes [15] * Garden Vegetable Medley [11] * <i>Cornbread [29] *</i> <i>Diced Pears [19] *</i> 770 calories / 35 grams protein	Chicken Parmesan [18] Garlic Buttered Penne Pasta [22] * Italian Vegetable Medley [11] * <i>Whole Grain Roll [13] *</i> <i>Fresh Grapes [21] *</i> 715 calories / 42 grams protein	Savory Salisbury Steak [10] Maple Roasted Sweet Potatoes [23] * Peas & Pearl Onions [11] * <i>Sliced Wheat Bread [14] *</i> <i>Fresh Banana [26] *</i> 705 calories / 38 grams protein	Arroz con Pollo [30] * Spanish Green Beans [6] * Roasted Corn & Squash [9] * <i>Mini Concha [24] *</i> <i>Fresh Apple Slices [15] *</i> 710 calories / 44 grams protein	Mushroom Alfredo Lasagna [29] Steamed Broccoli Florets [6] * Glazed Carrots [13] * <i>Garlic Bread [14] *</i> <i>Fresh Orange [17] *</i> <i>Chocolate Chip Cookie [24]</i>  800 calories / 30 grams protein
3/31	4/1	4/2	4/3	4/4
Chicken Fried Chicken [15] Garlicky Mashed Potatoes [17] * Peas & Carrots [9] * <i>Buttermilk Biscuit [27] *</i> <i>Mixed Fruit [19] *</i> 760 calories / 38 grams protein	Teriyaki Beef & Broccoli [11] over Sesame Rice [22] * Sweet & Sour Carrots [23] * Vegetable Spring Rolls [13] * <i>Fortune Cookie [4] *</i> <i>Fresh Apple Slices [15] *</i> 710 calories / 33 grams protein	Baked Chicken Tenders [16] Macaroni & Cheese [20] * Green Beans [7] * <i>Honey Mustard [7] *</i> <i>BBQ Sauce [10] *</i> <i>Fresh Banana [26] *</i> 780 calories / 43 grams protein	Tomato Glazed Meatloaf [8] Scalloped Potatoes [22] Brussels Sprouts [11] * Cinnamon Spiced Peaches [30] * <i>Garlic Bread [14] *</i> 715 calories / 31 grams protein	Black Bean Burger [17] Tater Tots [17] Garden Vegetable Medley [11] * <i>Hamburger Bun [23]</i> <i>Ketchup [6] *</i> <i>Lettuce, Tomato, Onion [4] *</i> <i>Fresh Orange [17] *</i> <i>Assorted Gelatin [23] *</i>  800 calories / 37 grams protein

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

LEGEND:	[X] = Grams of Carbohydrates	* = Low Sodium	 = Meatless Meal (may contain fish, eggs, and/or dairy)
	BOLD = In Tray	Italic = Side Items	
COMMENTS:	1. Fortified Apple Juice: 120 calories, 0 g protein, 28 g carbohydrates, and 25 mg sodium 2. 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. 3. "Low Sodium" is defined as 140 mg of sodium or less per serving.		
MENU APPROVED BY:	Lauren Petley RDN, LDN (License: DT88677, Exp: 6/20/2025)		

MARZO 2025				
MENÚ DE DOMICILO				
LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
3/3	3/4	3/5	3/6	3/7
Pollo a la Barbacoa [11] Macarron con Queso [20] * Okra y Tomates [9] <i>Pan de Maíz [29] *</i> <i>Duraznos Cortados en Cubitos [18] *</i> 745 calorías / 49 gramos de proteína	Filete de Res Suizo [13] Papas con Queso [22] Chicharos y Cebollas [11] * <i>Panecillo [14] *</i> <i>Plátano [26] *</i> 750 calorías / 39 gramos de proteína	Pescado al Limón y Mantequilla [13] Pilaf de Arroz [24] * Mezcla de Vegetales [11] * <i>Panecillo [13] *</i> <i>Salsa Tártara [2] *</i> <i>Naranja [17] *</i> 740 calorías / 31 gramos de proteína	Hamburguesa con Queso [1] Papas Fritas [19] * Mezcla de Vegetales [11] * <i>Pan de Hamburguesa [23]</i> <i>Ketchup y Mostaza [6]</i> <i>Lechuga, Tomate, Cebolla [4] *</i> <i>Uvas [21] *</i> 785 calorías / 38 gramos de proteína	Manicotti en Salsa Rojo [42] Floretes de Brócoli [6] * Zanahorias [7] * <i>Pan de Ajo [14] *</i> <i>Rebanadas de Manzanas [15] *</i> <i>Pudín de Vainilla [17] *</i> 810 calorías / 34 gramos de proteína
3/10	3/11	3/12	3/13	3/14
Carne Guisada [6] * Arroz Español [25] * Ejotes Verdes [7] * <i>Panecillo [27]</i> <i>Mezcla de Frutas [19] *</i> 710 calorías / 45 gramos de proteína	Pollo en Salsa [5] Camotes Asados [23] * Repollitos de Bruselas [11] * <i>Pan de Maíz [29] *</i> <i>Uvas [21] *</i> 740 calorías / 51 gramos de proteína	Deditos de Filete Empanados [19] Puré de Papas al Ajo [17] * Chicharos y Zanahorias [9] * Salsa de Campo [6] * <i>Panecillo [13] *</i> <i>Plátano [26] *</i> 750 calorías / 33 gramos de proteína	Pollo Al Pastor [4] * sobre Arroz [22] * Elote Asado y Frijoles Negros [17] * Salsa Ranchera [5] <i>Tortilla Chips [18] *</i> <i>Rebanadas de Manzanas [15] *</i> 740 calorías / 52 gramos de proteína	Bocaditos de Stromboli con Queso [48] Mezcla de Vegetales [11] * Salsa Marinara [10] <i>Naranja [17] *</i> <i>Gelatina Variada [23] *</i> 820 calorías / 34 gramos de proteína
DIA DE SAN PATRICIO 3/17	3/18	3/19	3/20	3/21
Pastel de Pastor con Carne [22] Floretes de Brócoli [6] * Elote [20] * <i>Panecillo [13] *</i> <i>Puré de Manzana [17] *</i> <i>Galleta de Azúcar [22] *</i> 810 calorías / 38 gramos de proteína	Albóndigas Agridulces [24] sobre Arroz [22] * Empanadillas de Verduras al Vapor [12] * Mezcla de Vegetales [12] * <i>Galleta de la Fortuna [4] *</i> <i>Rebanadas de Manzanas [15] *</i> 730 calorías / 31 gramos de proteína	Piccata de Pollo [6] Pasta con Hierbas [20] * Mezcla de Vegetales [7] * <i>Pan de Ajo [14] *</i> <i>Plátano [26] *</i> 700 calorías / 51 gramos de proteína	Sloppy Joe Sabroso [14] sobre Pan de Maíz Dulce [33] Mezcla de Vegetales [11] * Floretes de Coliflor [4] * <i>Uvas [21] *</i> 745 calorías / 32 gramos de proteína	Enchiladas de Queso [32] Arroz con Cilantro y Lima [25] * Frijoles Refritos [21] * <i>Naranja [17] *</i> <i>Pudín de Chocolate [19] *</i> 820 calorías / 39 gramos de proteína
3/24	3/25	3/26	3/27	3/28
Brisket BBQ Ahumada [10] Papas Asadas [15] * Mezcla de Vegetales [11] * <i>Pan de Maíz [29] *</i> <i>Peras Cortadas en Cubitos [19] *</i> 770 calorías / 35 gramos de proteína	Pollo a la Parmesana [18] Pasta con Mantequilla y Ajo [22] * Mezcla de Vegetales [11] * <i>Panecillo [13] *</i> <i>Uvas [21] *</i> 715 calorías / 42 gramos de proteína	Filete Salisbury [10] Camotes Asados [23] * Chicharos y Cebollas [11] * <i>Panecillo [14] *</i> <i>Plátano [26] *</i> 705 calorías / 38 gramos de proteína	Arroz con Pollo [30] * Ejotes a la Española [6] * Maíz y Calabacines al Horno [9] * <i>Concha [24] *</i> <i>Rebanadas de Manzanas [15] *</i> 710 calorías / 44 gramos de proteína	Lasafía Alfredo con Champiñones [29] Floretes de Brócoli [6] * Zanahorias Glaseadas [13] * <i>Pan de Ajo [14] *</i> <i>Naranja [17] *</i> <i>Galleta con Chispas de Chocolate [24]</i> 800 calorías / 30 gramos de proteína
3/31	4/1	4/2	4/3	4/4
Pollo Frito con Pollo [15] Puré de Papas al Ajo [17] * Chicharos y Zanahorias [9] * <i>Panecillo [27] *</i> <i>Mezcla de Frutas [19] *</i> 760 calorías / 38 gramos de proteína	Teriyaki de Carne con Brócoli [11] sobre Arroz [22] * Zanahorias Agridulces [23] * Rollito de Primavera de Verduras [13] * <i>Galleta de la Fortuna [4] *</i> <i>Rebanadas de Manzanas [15] *</i> 710 calorías / 33 gramos de proteína	Filetes de Pollo [16] Macarrones con Queso [20] * Ejotes Verdes [7] * <i>Salsa de Miel y Mostaza [7] *</i> <i>Salsa Barbacoa [10] *</i> <i>Plátano [26] *</i> 780 calorías / 43 gramos de proteína	Pastel de Carne [8] Papas con Queso [22] Repollitos de Bruselas [11] * Duraznos Especiados con Canela [30] * <i>Pan de Ajo [14] *</i> 715 calorías / 31 gramos de proteína	Hamburguesa de Frijoles Negros [17] Papas Fritas [17] Mezcla de Vegetales [11] * <i>Pan de Hamburguesa [23]</i> <i>Ketchup [6] *</i> <i>Lechuga, Tomate, Cebolla [4] *</i> <i>Naranja [17] *</i> <i>Gelatina Variada [23] *</i> 800 calorías / 37 gramos de proteína
MENU SUJETO A CAMBIOS SIN AVISO. PARA MAS INFORMACION LLAME AL 210-735-5115.				
LEYENDA:	[X] = Gramos de carbohidratos por porción	* = Bajo en Sodio	= Comida sin Carne (puede contener huevos y/o lácteos)	
	PALABRAS = En la bandejaPALABRAS = Fuera de la bandeja			
COMENTARIOS:	1. Jugo de manzana fortificado: 120 calorías, 0 g de proteína, 28 g de carbohidratos y 25 mg de sodio. 2. 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. 3. "Bajo en sodio" se define como 140 mg de sodio o menos por porción.			
MENU APROBADO POR:	Lauren Petley RDN, LDN (License: DT88677, Exp: 6/20/2025)			