

APRIL 2025 MEALS ON WHEELS MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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
4/7	4/8	4/9	4/10	4/11
Beef Picadillo [10] * Spanish Rice [25] * Refried Beans [21] * <i>Whole Grain Roll [13] *</i> <i>Diced Pears [19] *</i> 720 calories / 40 grams protein	King Ranch Chicken Casserole [11] Roasted Sweet Corn [20] * Green Beans [7] * <i>Tortilla Chips [18] *</i> <i>Fresh Grapes [21] *</i> 730 calories / 52 grams protein	Beef Stroganoff [22] Brussels Sprouts [11] * Glazed Carrots [12] * <i>Whole Grain Roll [13] *</i> <i>Fresh Banana [26] *</i> 700 calories / 47 grams protein	Turkey Chili Cornbread Bowl [51] Garden Vegetable Medley [11] * Cauliflower Florets [4] * <i>Fresh Apple Slices [15] *</i> 730 calories / 39 grams protein	Three Cheese Manicotti [42] Steamed Broccoli Florets [6] * Sliced Carrot Coins [7] * <i>Garlic Bread [14] *</i> <i>Fresh Orange [17] *</i> 730 calories / 36 grams protein
4/14	4/15	4/16	4/17	4/18
BBQ Grilled Chicken [11] Macaroni & Cheese [20] * Southern Style Okra [9] * <i>Cornbread [29] *</i> <i>Diced Peaches [18] *</i> 740 calories / 50 grams protein	Old-Fashioned Swiss Steak [13] Scalloped Potatoes [22] Peas & Carrots [9] * <i>Sliced Wheat Bread [14] *</i> <i>Fresh Banana [26] *</i> 735 calories / 39 grams protein	Tangerine Chicken [34] over Vegetable Fried Rice [25] * Steamed Dumplings [12] * Broccoli & Cauliflower Medley [7] * <i>Fortune Cookie [4] *</i> <i>Fresh Apple Slices [15] *</i> 695 calories / 36 grams protein	Pub Burger with Cheese [1] Seasoned Potato Wedges [19] * Garden Vegetable Medley [11] * <i>Hamburger Bun [23]</i> <i>Ketchup & Mustard [6]</i> <i>Lettuce, Tomato, Onion [4] *</i> <i>Fresh Grapes [21] *</i> 785 calories / 38 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
4/21	4/22	4/23	4/24	4/25
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	Rosemary 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	Steak Fingers [19] with Garlic Mashed Potatoes [17] * Peas & Onions [11] * Country Gravy [6] <i>Whole Grain Roll [13] *</i> <i>Fresh Banana [26] *</i> 765 calories / 33 grams protein	Chicken Al Pastor [9] * over Steamed Brown Rice [22] * Roasted Corn & Black Beans [17] * Ranchero Sauce [5] <i>Tortilla Chips [18] *</i> <i>Fresh Apple Slices [15] *</i> 700 calories / 44 grams protein	Cheese-Filled Pizza Bites [48] Garden Vegetable Medley [11] * Marinara Sauce [10] <i>Fresh Orange [17] *</i> 730 calories / 34 grams protein
4/28	4/29	4/30	5/1	5/2
Sweet & Sour Meatballs [24] over Fluffy Rice [22] * Steamed Dumplings [12] * Stir Fry Vegetable Medley [12] * <i>Fortune Cookie [4] *</i> <i>Diced Pears [19] *</i> 750 calories / 31 grams protein	Shepherd's Pie [22] Steamed Broccoli Florets [6] * Sweet Corn [20] * <i>Whole Grain Roll [13] *</i> <i>Fresh Banana [26] *</i> 720 calories / 38 grams protein	Breaded Chicken Piccata [14] Herbed Bow Tie Pasta [20] * Normandy Vegetable Medley [7] * <i>Garlic Bread [14] *</i> <i>Fresh Grapes [21] *</i> 720 calories / 39 grams protein	Sloppy Joe Cornbread Bowl [47] Garden Vegetable Medley [11] * Cauliflower Florets [4] * <i>Fresh Apple Slices [15] *</i> 715 calories / 31 grams protein	Cheese Enchiladas [32] Cilantro Lime Rice [25] * Refried Beans [21] * <i>Fresh Orange [17] *</i> 720 calories / 39 grams protein

ALL MEALS SERVED WITH 2% MILK. MENU SUBJECT TO CHANGE. 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	<i>Italic = Side Items</i>	
COMMENTS:	1. 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. 2. "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) <i>Lauren Petley, RDN, LDN</i> 3/6/25		

ABRIL 2025

MENÚ DE MEALS ON WHEELS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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 [23] *</i> 800 calorías / 37 gramos de proteína
4/7	4/8	4/9	4/10	4/11
Picadillo de Carne [10] * Arroz Español [25] * Frijoles Refritos [21] * <i>Panecillo [13] *</i> <i>Peras Cortadas en Cubitos [19] *</i> 720 calorías / 40 gramos de proteína	Pollo a la Cazuela King Ranch [11] Elote Tostado al Fuego [20] * Ejotes Verdes [7] * <i>Tortilla Chips [18] *</i> <i>Uvas [21] *</i> 730 calorías / 52 gramos de proteína	Stroganoff de Res [22] Repollitos de Bruselas [11] * Zanahorias Glaseadas [12] * <i>Panecillo [13] *</i> <i>Plátano [26] *</i> 700 calorías / 47 gramos de proteína	Chili de Pavo sobre Pan de Maíz Dulce [51] Mezcla de Vegetales [11] * Floretes de Coliflor [4] * <i>Rebanadas de Manzanas [15] *</i> 730 calorías / 39 gramos de proteína	Manicotti en Salsa Rojo [42] Floretes de Brócoli [6] * Zanahorias [7] * <i>Pan de Ajo [14] *</i> <i>Naranja [17] *</i> 730 calorías / 36 gramos de proteína
4/14	4/15	4/16	4/17	4/18
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> 740 calorías / 50 gramos de proteína	Filete de Res Suizo [13] Papas con Queso [22] Chicharos y Zanahorias [9] * <i>Panecillo [14] *</i> <i>Plátano [26] *</i> 735 calorías / 39 gramos de proteína	Pollo a la Mandarinina [34] sobre Arroz Frito de Verduras [25] * Empanadillas de Verduras al Vapor [12] * Brócoli y Coliflor [7] * <i>Galleta de la Fortuna [4] *</i> <i>Rebanadas de Manzanas [15] *</i> 695 calorías / 36 gramos de proteína	Hamburguesa con Queso [1] Papas Fritas [9] * 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	Pescado al Limón y Mantequilla [13] Arroz Pilaf [24] * Mezcla de Vegetales [11] * <i>Panecillo [13] *</i> <i>Salsa Tártara [2] *</i> <i>Naranja [17] *</i> 740 calorías / 31 gramos de proteína
4/21	4/22	4/23	4/24	4/25
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 de Romero [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 Cebollas [11] * Salsa de Campo [6] <i>Panecillo [13] *</i> <i>Plátano [26] *</i> 765 calorías / 33 gramos de proteína	Pollo Al Pastor [9] * sobre Arroz [22] * Elote Asado y Frijoles Negros [17] * Salsa Ranchera [5] <i>Tortilla Chips [18] *</i> <i>Rebanadas de Manzanas [15] *</i> 700 calorías / 44 gramos de proteína	Bocaditos de Stromboli con Queso [48] Mezcla de Vegetales [11] * Salsa Marinara [10] <i>Naranja [17] *</i> 730 calorías / 34 gramos de proteína
4/28	4/29	4/30	5/1	5/2
Albóndigas Agridulces [24] sobre Arroz [22] * Empanadillas de Verduras al Vapor [12] * Mezcla de Vegetales [12] * <i>Galleta de la Fortuna [4] *</i> <i>Peras Cortadas en Cubitos [19] *</i> 750 calorías / 31 gramos de proteína	Pastel de Pastor con Carne [22] Floretes de Brócoli [6] * Elote [20] * <i>Panecillo [13] *</i> <i>Plátano [26] *</i> 720 calorías / 38 gramos de proteína	Piccata de Pollo [14] Pasta con Hierbas [20] * Mezcla de Vegetales [7] * <i>Pan de Ajo [14] *</i> <i>Uvas [21] *</i> 720 calorías / 39 gramos de proteína	Sloppy Joe Sabroso sobre Pan de Maíz Dulce [47] Mezcla de Vegetales [11] * Floretes de Coliflor [4] * <i>Rebanadas de Manzanas [15] *</i> 715 calorías / 31 gramos de proteína	Enchiladas de Queso [32] Arroz con Cilantro y Lima [25] * Frijoles Refritos [21] * <i>Naranja [17] *</i> 720 calorías / 39 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 bandeja	PALABRAS = Fuera de la bandeja		
COMENTARIOS:	1. 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. 2. "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) 3/6/25			