

JULY 2025 HOMEBOUND MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6/30	7/1	7/2	7/3	7/4
Homestyle Meatloaf [8] with Mashed Potatoes [17] * Seasoned Brussels Sprouts [7] * Chuckwagon Corn [14] * <i>Wheat Bread [14] *</i> <i>Diced Pears [17] *</i> 630 calories / 32 grams protein	Rosemary Chicken [3] Cornbread Dressing [25] Mixed Vegetable Medley [13] * <i>Whole Grain Roll [13] *</i> <i>Orange [17] *</i> 620 calories / 36 grams protein	King Ranch Chicken Casserole [15] Seasoned Green Beans [7] * Sweet Corn [18] * <i>Tortilla Chips [30]</i> <i>Grapes [11] *</i> 710 calories / 42 grams protein	Three Cheese Lasagna [39] Buttery Garlic Knot [27] Parslied Peas & Carrots [10] * <i>Banana [26] *</i> 735 calories / 39 grams protein	OFFICE CLOSED FOR INDEPENDENCE DAY 7/4 Glazed Chicken Drumstick [2] Corn off the Cob [18] * Baked Beans [30] <i>Holiday Sugar Cookie [22] *</i> <i>Applesauce [17] *</i> 690 calories / 38 grams protein
7/7	7/8	7/9	7/10	7/11
BBQ Grilled Chicken [11] Mac n' Cheese [23] Southern Style Green Beans [8] * <i>Cornbread [29] *</i> <i>Diced Peaches [14] *</i> 725 calories / 35 grams protein	Swiss Steak [11] Scalloped Potatoes [22] Garlicky Peas & Carrots [10] * <i>Wheat Bread [14] *</i> <i>Orange [17] *</i> 635 calories / 33 grams protein	Tangerine Chicken [26] over Fluffy Rice [22] * Steamed Dumplings [12] * Broccoli with Red Peppers [5] * <i>Fortune Cookie [4] *</i> <i>Grapes [11] *</i> 630 calories / 29 grams protein	Lemon Buttered Pollock [13] Alfredo Noodles [25] Normandy Vegetable Medley [7] * <i>Whole Grain Roll [13] *</i> <i>Banana [26] *</i> 775 calories / 36 grams protein	Flame-Grilled Cheeseburger [2] Roasted Potato Wedges [19] * Mixed Vegetable Medley [13] * <i>Whole Grain Hamburger Bun [23] *</i> Ketchup & Mustard [2] Apple Slices [8] * 620 calories / 32 grams protein
7/14	7/15	7/16	7/17	7/18
Steak Fingers [15] with Mashed Potatoes [17] * Parslied Peas & Carrots [10] * Country Gravy [6] * <i>Whole Grain Roll [13] *</i> <i>Diced Mango [17] *</i> 655 calories / 29 grams protein	Manicotti in Red Sauce [42] Brussels Sprouts [7] * Carrot Coins [8] * <i>Wheat Bread [14] *</i> <i>Orange [17] *</i> 715 calories / 37 grams protein	Sloppy Joe Cornbread Bowl [46] Mixed Vegetable Medley [13] * Cauliflower Florets [4] * <i>Grapes [11] *</i> 695 calories / 31 grams protein	Breaded Chicken Piccata [13] Herbed Bow Tie Pasta [22] * Normandy Vegetable Medley [7] * <i>Whole Grain Roll [13] *</i> <i>Banana [26] *</i> 660 calories / 40 grams protein	Turkey Picadillo [12] Spanish Rice [24] * Seasoned Green Beans [7] * <i>Buttermilk Biscuit [27]</i> <i>Apple Slices [8] *</i> 670 calories / 36 grams protein
7/21	7/22	7/23	7/24	7/25
Grilled Chicken Marsala [6] Whipped Sweet Potatoes [29] * Herbed Green Peas [12] * <i>Whole Grain Roll [13] *</i> <i>Diced Pears [17] *</i> 655 calories / 35 grams protein	Sweet & Sour Meatballs [23] over Sesame Rice [22] * Steamed Dumplings [12] * Broccoli with Red Peppers [5] * <i>Fortune Cookie [4] *</i> <i>Orange [17] *</i> 730 calories / 36 grams protein	Cheese-Filled Pizza Bites [48] Homemade Marinara Sauce [9] Mixed Vegetable Medley [13] * <i>Grapes [11] *</i> 675 calories / 30 grams protein	Shepherd's Pie [22] Winter Vegetable Medley [7] * Seasoned Sweet Corn [18] * <i>Whole Grain Roll [13] *</i> <i>Banana [26] *</i> 720 calories / 37 grams protein	Chicken al Pastor Bowl [8] * over Steamed Brown Rice [22] * Roasted Corn & Black Beans [17] * Ranchero Sauce [5] <i>Tortilla Chips [30]</i> <i>Apple Slices [8] *</i> 745 calories / 47 grams protein
7/28	7/29	7/30	7/31	8/1
BBQ Smoked Brisket [11] Rosemary Roasted Potatoes [19] * Seasoned Green Beans [7] * <i>Wheat Bread [14] *</i> <i>Diced Peaches [14] *</i> 665 calories / 35 grams protein	Chicken Parmigiana [19] Garlic Buttered Penne [22] * Parslied Peas & Carrots [10] * <i>Whole Grain Roll [13] *</i> <i>Orange [17] *</i> 695 calories / 44 grams protein	Beef Tamales [24] Spanish Rice [24] * Zesty Black Beans [20] * <i>Mild Salsa [5]</i> <i>Grapes [11] *</i> 640 calories / 30 grams protein	Chicken Tenders [16] Mac n' Cheese [23] Mixed Vegetable Medley [13] * <i>Ketchup [6] *</i> <i>Banana [26] *</i> 725 calories / 44 grams protein	Salisbury Steak [7] Roasted Sweet Potatoes [14] * Brussels Sprouts [7] * <i>Buttermilk Biscuit [27]</i> <i>Apple Slices [8] *</i> 640 calories / 30 grams protein

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

LEGEND:	[X] = Grams of Carbohydrates BOLD = In Tray	* = Low Sodium (<140 mg per serving) <i>Italic = Side Items</i>	= Meatless Meal (may contain dairy)
COMMENTS:	1. Total daily calories and grams of protein include the meal, side items, and 2% milk. 2. Nutritional Facts for 2% Milk: 130 calories, 12 grams carbohydrates, 5 grams fat, 9 grams protein, 130 mg sodium. 3. For those watching their carbohydrate intake, the amount (grams) of carbs per serving is listed beside each menu item in brackets []. 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> 6/14/25		

JULIO 2025

MENÚ DE MEALS ON WHEELS



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6/30	7/1	7/2	7/3	OFICINA CERRADA POR DÍA DE LA INDEPENDENCIA 7/4
Pastel de Carne [8] con Puré de Papas [17] * Repollitos de Bruselas [7] * Elote con Pimientos y Cebollas [14] * <i>Panecillo [14] *</i> <i>Peras Cortadas en Cubitos [17] *</i> 630 calorías / 32 gramos de proteína	Pollo al Romero [3] Relleno de Pan de Maíz [25] Mezcla de Vegetales [13] * <i>Panecillo [13] *</i> <i>Naranja [17] *</i> 620 calorías / 36 gramos de proteína	Pollo a la Cazuela King Ranch [15] Ejotes Verdes [7] * Elote [18] * <i>Tortilla Chips [30]</i> <i>Uvas [11] *</i> 710 calorías / 42 gramos de proteína	Lasaña de Queso [39] Pan de Ajo [27] Chicharos y Zanahorias [10] * <i>Plátano [26] *</i> 735 calorías / 39 gramos de proteína	Pierna de Pollo Glaseado [2] Elote [18] * Frijoles Cocidos [30] <i>Galleta de Azúcar [22] *</i> <i>Puré de Manzana [17] *</i> 690 calorías / 38 gramos de proteína
7/7	7/8	7/9	7/10	7/11
Pollo a la Barbacoa [11] Macarrones con Queso [23] Ejotes Verdes y Tomates [8] * <i>Pan de Maíz [29] *</i> <i>Duraznos Cortados en Cubitos [14] *</i> 725 calorías / 35 gramos de proteína	Filete de Res Suizo [11] Papas con Queso [22] Chicharos y Zanahorias [10] * <i>Panecillo [14] *</i> <i>Naranja [17] *</i> 635 calorías / 33 gramos de proteína	Pollo a la Mandarina [26] sobre Arroz [22] * Empanadillas de Verduras [12] * Brócoli con Pimientos Rojos [5] * <i>Galleta de la Fortuna [4] *</i> <i>Uvas [11] *</i> 630 calorías / 29 gramos de proteína	Pescado al Limón y Mantequilla [13] Pasta con Alfredo [25] Mezcla de Vegetales [7] * <i>Panecillo [13] *</i> <i>Plátano [26] *</i> 775 calorías / 36 gramos de proteína	Hamburguesa con Queso [2] Papas Asadas [19] * Mezcla de Vegetales [13] * <i>Pan de Hamburguesa [23] *</i> <i>Ketchup y Mostaza [2]</i> <i>Rebanadas de Manzanas [8] *</i> 620 calorías / 32 gramos de proteína
7/14	7/15	7/16	7/17	7/18
Deditos de Filete Empanados [15] con Puré de Papas [17] * Chicharos y Zanahorias [10] * Salsa de Campo [6] * <i>Panecillo [13] *</i> <i>Mango Cortado en Cubitos [17] *</i> 655 calorías / 29 gramos de proteína	Manicotti en Salsa Roja [42] Repollitos de Bruselas [7] * Zanahorias [8] * <i>Panecillo [14] *</i> <i>Naranja [17] *</i> 715 calorías / 37 gramos de proteína	Sloppy Joe sobre Pan de Maíz Dulce [46] Mezcla de Vegetales [13] * Floretes de Coliflor [4] * <i>Uvas [11] *</i> 695 calorías / 31 gramos de proteína	Piccata de Pollo [13] Pasta con Hierbas [22] * Mezcla de Vegetales [7] * <i>Panecillo [13] *</i> <i>Plátano [26] *</i> 660 calorías / 40 gramos de proteína	Picadillo de Pavo [12] Arroz Español [24] * Ejotes Verdes [7] * <i>Panecillo [27]</i> <i>Rebanadas de Manzanas [8] *</i> 670 calorías / 36 gramos de proteína
7/21	7/22	7/23	7/24	7/25
Pollo a la Marsala [6] Puré de Camotes [26] * Chicharos [12] * <i>Panecillo [13] *</i> <i>Peras Cortadas en Cubitos [17] *</i> 655 calorías / 35 gramos de proteína	Albóndigas Agridulces [23] con Arroz al Sésamo [22] * Empanadillas de Verduras [12] * Brócoli con Pimientos Rojos [5] * <i>Galleta de la Fortuna [4] *</i> <i>Naranja [17] *</i> 730 calorías / 36 gramos de proteína	Bocaditos de Pizza Rellenos de Queso [48] Salsa Marinara [9] Mezcla de Vegetales [13] * <i>Uvas [11] *</i> 675 calorías / 30 gramos de proteína	Pastel de Pastor con Carne [22] Brócoli y Coliflor [7] * Elote [18] * <i>Panecillo [13] *</i> <i>Plátano [26] *</i> 720 calorías / 37 gramos de proteína	Pollo al Pastor [8] * sobre Arroz Integral al Vapor [22] * Elote Asado y Frijoles Negros [17] * Salsa Ranchera [5] <i>Tortilla Chips [30]</i> <i>Rebanadas de Manzanas [8] *</i> 745 calorías / 47 gramos de proteína
7/28	7/29	7/30	7/31	8/1
Brisket BBQ Ahumada [11] Patatas Asadas con Romero [19] * Ejotes Verdes [7] * <i>Panecillo [14] *</i> <i>Duraznos Cortados en Cubitos [14] *</i> 665 calorías / 35 gramos de proteína	Pollo a la Parmesana [19] Pasta con Mantequilla y Ajo [22] * Chicharos y Zanahorias [10] * <i>Panecillo [13] *</i> <i>Naranja [17] *</i> 695 calorías / 44 gramos de proteína	Tamales de Carne [24] Arroz Español [24] * Frijoles Negros [20] * <i>Salsa [5]</i> <i>Uvas [11] *</i> 640 calorías / 30 gramos de proteína	Filetes de Pollo [16] Macarrones con Queso [23] Mezcla de Vegetales [13] * <i>Ketchup [6] *</i> <i>Plátano [26] *</i> 725 calorías / 44 gramos de proteína	Filete Salisbury [7] Camotes Asados [14] * Repollitos de Bruselas [7] * <i>Panecillo [27]</i> <i>Rebanadas de Manzanas [8] *</i> 640 calorías / 30 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)
	PALABRAS = En la bandeja	<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%. 2. 2% Leche: 130 calorías, 12 gramos de carbohidratos, 5 gramos de grasa, 9 gramos de proteína, 130 mg de sodio. 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 [].Se recomienda que las comidas consten de 45 a 75 gramos de carbohidratos.		
MENU APROBADO POR: Lauren Petley RDN, LDN (License: DT88677, Exp: 6/20/2027)			