Meals on Wheels San Antonio — March 2020 Menu A

Monday	Tuesday	Wednesday	Thursday	Friday
March 2, 2020	March 3, 2020	March 4, 2020	March 5, 2020	March 6, 2020
Chicken Enchiladas in Mole [37] Cilantro Rice [24]♥ Nopalitos [3]♥ Strawberry Bar [25]♥ Beverage [12]♥	Guillermo's Beef Tamales [15] Buttered Corn [18]♥ Homestyle Refried Beans [30] Fresh Apple [22]♥ Beverage [13]♥	Southern Style Pork Riblett [4] Buttered Bow Tie Pasta [17]♥ Buttered, Savory Carrots [3]♥ WG Bread [14]♥ Snickerdoodle Cookie [17] Beverage [12]♥	Country Oven Fried Steak [19] Oven Roasted Potatoes [12] Turnip Greens [3]♥ Country Gravy [2] Fresh Banana [26]♥ Beverage [13]♥	20 Knots Fish Nuggets [16] Homestyle Mashed Potatoes [21]♥ Coastal Capri Vegetable Blend [7]♥ WG Goldfish Graham Cracker [19]♥ Cornbread Loaf [29]♥ Beverage [12]♥
March 9, 2020	March 10, 2020	March 11, 2020	March 12, 2020	March 13, 2020
Chicken A La King [12] We Got the Beets [6]♥ Savory Black Beans [21] WG Bread [14]♥ Chocolate Chip Cookie [17]♥ Beverage [12]♥	Mom's Meatloaf [6] Homestyle Mashed Potatoes [21]♥ Seasoned Cabbage [7] Hawaiian Roll [16]♥ Fresh Banana [26]♥ Beverage [13]♥	Baruska's Kolaches {30] MOWSA Super Cereal [54] Savory Hashbrowns [12]♥ Fruited Gelatin [26]♥ Beverage [12]♥	Beefy & Hearty Steak Fingers [19] Confetti Pasta Salad [20]♥ Buttered Broccoli [4]♥ Dinner Roll [13]♥ Fresh Apple [22]♥ Beverage [13]♥	Haddie Bites in Teriyaki [15] over White Rice [22]♥ Almondine Green Beans [8]♥ Classic Apple Betty [32]♥ Cornbread Loaf [29]♥ Beverage [12]♥
March 16, 2020	March 17, 2020	March 18, 2020	March 19, 2020	March 20, 2020
Homestyle BBQ Chicken [16] Bow-Tie Pasta [17]♥ Baked Beans [31] Cornbread Loaf [29]♥ Strawberry Applesauce [14]♥ Beverage [12]♥	Potato Skins w/ Chili [40] Buttered Green Beans [6]♥ Ruby Slipper Apples [30]♥ WG Bread [14]♥ Beverage [13]♥	Baked Fish Mustard Pretzel [12] over White Rice [22]♥ Seasoned Yellow Squash [4]♥ Homestyle Mashed Potatoes [21]♥ Fresh Banana [26]♥ Beverage [12]♥	Nona's Beef Strogonaff [22] Hearty Greens Mix [6]♥ Dinner Roll [22] Chocolate Chip Cookie [17]♥ Beverage [13]♥	Turkey Corn Dog [33] Mac N' Cheese [14] Seasoned Peas [11]♥ Fresh Apple [22]♥ Beverage [12]♥
March 23, 2020	March 24, 2020	March 25, 2020	March 26, 2020	March 27, 2020
Traditional Picadillo [8]♥ Spanish Rice [24]♥ Homestyle Refried Beans [30] Goldfish [14] Banana Bar [24]♥ Beverage [12]♥	Salisbury Steak w/ Gravy [11] Mac N' Cheese [14] Buttered, Savory Carrots [3]♥ WG Bread [14]♥ Tropical Fruit Cup [21]♥ Beverage [13]♥	Chicken Fried Chicken [17] Homestyle Mashed Potatoes [21]♥ Buttered Corn [18]♥ WG Bread [14]♥ Fresh Banana [26]♥ Beverage [12]♥	Cheese Enchiladas w/ Chili [15] Spanish Rice [24]♥ Homestyle Refried Beans [30] Strawberry Applesauce [14]♥ Beverage [13]♥	Vince's Cheese Pizza [34] Confetti Pasta Salad [20]♥ Buttered Broccoli [4]♥ Fresh Apple [22]♥ Beverage [12]♥
March 30, 2020	March 31, 2020			
Chili on Cornbread [63] Pasta Salad [19]♥ On The Chuckwagon Corn [22]♥ Grandma's Blueberry Cookies [20]♥ Beverage [12]♥	Pork Tamales [16] Spanish Rice [24]♥ Homestyle Refried Beans [30] Fresh Banana [26]♥ Beverage [13]♥	MARCH FOR MEALS WITH MEALS on WHEELS To make a donation call (210)735-5115	**Nutritional Goals** **Calories > 600** **Protein > 20 grams** **Carbohyrates < 100 grams** **Total Fat < 30% Total Calories** **Fiber > 7 grams** **Sodium < 1000 milligrams**	**Monthly Average** **Calories: 738.82 calories** **Protein: 33.23 g** **Carbohydrate: 101.50 g** **Fat: 23.93 g (29% of calories)** **Fiber: 9.62 g** **Sodium: 862.44 mg**

If you need to cancel your meal please call 24 hours in advanced (210)735-5115. Menu subject to availability and change without notice.

Frozen Meals	**FROZEN MEAL entrees are prepared separately and will not be the same as the "Hot Meals" above.**
Legend	**♥= Heart-healthy (less than 150mg sodium per serving); WG= Whole-Grain; []= The amount of carbs per item**
Comments	**Diabetic-friendly meals: the recommended carbs servings per meal are 45-60g carbs per meal. To assist you in making the best choices for yourself we have included the grams of carbs per item in brackets next to the item. Make the right choices for you, you can do this!**

Menu Approved by Marycela Barron, RD, LD License #DT85141 (expires 01/03/2022) RD,LD