

FORT BEND SENIORS - MEALS ON WHEELS JANUARY 2019 Menu

**If you WILL NOT be home please call Prior to or at least
BEFORE 11am Day Before to 281-633-7049**



Tuesday 1/1/2019	Wednesday 1/2/2019	Thursday 1/3/2019	Friday 1/4/2019
CLOSED NEW YEARS DAY	Smoked Sausage*+ Baked Beans Parslied Carrots Hot Dog Bun Fresh Banana Milk Mustard	Beef Stroganoff Green Peas Squash Medley Texas Bread Sugar Cookie Milk Diet - Cookie	Breaded Fish Whole Kernel Corn Broccoli Hamburger Bun Fresh Fruit Milk Tartar Sauce

Monday 1/7/2019	Tuesday 1/8/2019	Wednesday 1/9/2019	Thursday 1/10/2019	Friday 1/11/2019
Salisbury Beef Onion Gravy Garlic Whipped Potatoes Mixed Vegetables Wheat Bread Fresh Fruit Milk	Diced Caesar Chicken⊗ Lemon Herb Pasta Mediterranean Vegetables Pita Bread Pineapple Pudding⊗ Milk Diet - Vanilla Pudding	Southwestern Stew⊗ Parslied Potatoes California Vegetables Saltine Crackers Fresh Banana Milk	Sausage with Red Beans*+ Cajun Rice Cabbage Cornbread Fudge Cream Cookie Milk Margarine	Tuscan Chicken Meatballs⊗ Peas and Carrots Italian Green Beans Dinner Roll Fresh Fruit Milk

Monday 1/14/2019	Tuesday 1/15/2019	Wednesday 1/16/2019	Thursday 1/17/2019	Friday 1/18/2019
Rosemary Pork Patty+ Parslied Rice Catalina Vegetables Wheat Bread Fresh Fruit Milk	Sloppy Joe Oven Roasted Potatoes Spring Vegetables Hamburger Bun Chocolate Chip Cookie Milk Diet - Cookie	Chicken Alfredo Ginger Carrots Stewed Tomatoes Wheat Bread Fresh Fruit Milk	Pork Carnitas+ Pinto Beans Fiesta Vegetables Flour Tortilla Fresh Banana Milk	Turkey Breast with Gravy* Mashed Spiced Yams Green Beans Texas Bread Lime Gelatin Milk Diet - Gelatin

Monday 1/21/2019	Tuesday 1/22/2019	Wednesday 1/23/2019	Thursday 1/24/2019	Friday 1/25/2019
CLOSED MLK DAY	Confetti Chicken Spanish Rice Cabbage Dinner Roll Fig Bar Milk	Potato Crusted Fish Black-Eyed Peas Diced Beets Wheat Bread Fresh Fruit Milk Tartar Sauce	Ham with Red Eye Gravy+⊗ Lima Beans Okra and Tomatoes Cornbread Fresh Fruit Milk Margarine	Cheesy Beef Macaroni Broccoli Glazed Carrots Wheat Bread Chocolate Chip Pudding Milk Diet - Chocolate Pudding

Monday 1/28/2019	Tuesday 1/29/2019	Wednesday 1/30/2019	Thursday 1/31/2019	
BBQ Chicken Meatballs Baked Beans Country Vegetables Wheat Bread Fresh Fruit Milk	Beef with Mushroom Gravy Whipped Potatoes Mixed Vegetables Wheat Bread Orange Gelatin Milk Diet - Gelatin	Ham and Rice Casserole+ Green Peas with Onions Stewed Tomatoes Wheat Bread Fresh Banana Milk	Baked Chicken Chicken Gravy Cheesy Garlic Polenta Green Beans Wheat Bread Fresh Fruit Milk	*- Turkey + - Pork ⊗ - New Menu Item <i>Sarah Huttsler, RD, LD</i> Sarah Huttsler, RD, LD #DT81463