

FORT BEND SENIORS - MEALS ON WHEELS MARCH 2019 MENU

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

*- Turkey

+ - Pork

⊗ - New Menu Item

Sarah Hutslar, RD, LD

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Friday 3/1/2019
Turkey Breast with Gravy* Mashed Spiced Yams Green Beans Texas Bread Lime Gelatin Milk Diet - Gelatin

Monday 3/4/2019	Tuesday 3/5/2019	Wednesday 3/6/2019	Thursday 3/7/2019	Friday 3/8/2019
Beef with Country Gravy Delmonico Potatoes Garden Vegetables Wheat Bread Fresh Fruit Milk	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 3/11/2019	Tuesday 3/12/2019	Wednesday 3/13/2019	Thursday 3/14/2019	Friday 3/15/2019
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	Tuna Salad Potato Salad Marinated Carrots Saltine Crackers Oatmeal Cream Cookie Milk
Monday 3/18/2019	Tuesday 3/19/2019	Wednesday 3/20/2019	Thursday 3/21/2019	Friday 3/22/2019
Swiss Steak Ranch Whipped Potatoes Green Beans with Onions Wheat Bread Fresh Fruit Milk	Chicken Piccata⊗ Pasta Florentine Country Tomatoes Dinner Roll Fresh Fruit Milk	Hamburger Patty Shredded Lettuce/Pickles Ranch Beans Hamburger Bun Hot Cinnamon Applesauce Milk Mustard and Ketchup	Mexican Chicken Chili Parslied Rice Mixed Greens Cornbread Fresh Banana Milk Margarine	Vegetable Lasagna Broccoli Ginger Carrots Whole Wheat Breadstick Oatmeal Raisin Cookie Milk Diet - Cookie
Monday 3/25/2019	Tuesday 3/26/2019	Wednesday 3/27/2019	Thursday 3/28/2019	Friday 3/29/2019
Parmesan Chicken Macaroni and Cheese Italian Vegetables Whole Wheat Breadstick Fresh Fruit Milk Margarine	Meatloaf Brown Gravy Oven Roasted Potatoes Herbed Green Beans Dinner Roll Oatmeal Cream Cookie Milk	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