

FORT BEND SENIORS - MEALS ON WHEELS

MAY 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 Hutsler, RD, LD

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Wednesday 5/1/2019	Thursday 5/2/2019	Friday 5/3/2019
Turkey Macaroni and Cheese* Green Beans with Onions Stewed Tomatoes Wheat Bread Nutty Buddy Bar	Dijon Pork+ Whole Kernel Corn Medley Cabbage Wheat Bread Fresh Banana	Swiss Steak ⓧ Rosemary Potatoes Mixed Vegetables Wheat Bread Fresh Fruit

Monday 5/6/2019	Tuesday 5/7/2019	Wednesday 5/8/2019	Thursday 5/9/2019	Friday 5/10/2019
King Ranch Chicken Yellow Rice Parslied Carrots Wheat Bread Fresh Fruit	Breaded Fish Potato Wedges ⓧ Green Beans Hamburger Bun Fresh Orange Tartar Sauce	Ham and Pinto Beans+ Cajun Rice Spinach Cornbread Fresh Banana Margarine	Beef Italiano ⓧ Pasta Florentine Broccoli Wheat Bread Fruited Lemon Gelatin Margarine	Chicken Salad Three Bean Salad Carrot Raisin Salad Saltine Crackers Fudge Cream Cookie

Monday 5/13/2019	Tuesday 5/14/2019	Wednesday 5/15/2019	Thursday 5/16/2019	Friday 5/17/2019
Salisbury Beef Onion Gravy Garlic Whipped Potatoes Mixed Vegetables Wheat Bread Fresh Orange Margarine	Turkey Noodle Casserole* Squash Medley Country Tomatoes Wheat Bread Fresh Banana	CLOSED Staff Development Day	Baked Chicken with Gravy Scalloped Potatoes Cabbage Cornbread Sugar Cookie Milk Margarine	Italian Shells and Cheese ⓧ Herbed Green Peas Dilled Carrots Wheat Bread Chocolate Pudding Milk Diet - Chocolate Pudding

Monday 5/20/2019	Tuesday 5/21/2019	Wednesday 5/22/2019	Thursday 5/23/2019	Friday 5/24/2019
Marinara Chicken Meatballs Parslied Penne Pasta Italian Vegetables Wheat Bread Fresh Fruit	Beef Burgundy Oven Roasted Potatoes Broccoli and Carrots Texas Bread Fresh Fruit	Turkey Pastrami* Swiss Cheese Lettuce and Tomato Potato Salad Wheat Bread (2) Fig Bar Mustard	Beef Chili with Beans Chuckwagon Corn Diced Beets Saltine Crackers Fresh Fruit	Potato Crusted Fish Parslied Rice Green Beans with Onions Wheat Bread Oreo Vanilla Pudding Tartar Sauce

Monday 5/27/2019	Tuesday 5/28/2019	Wednesday 5/29/2019	Thursday 5/30/2019	Friday 5/31/2019
CLOSED Memorial Day  <i>Memorial</i> DAY	Cranberry Baked Chicken ⓧ Macaroni and Cheese Brussels Sprouts Wheat Bread Fresh Banana	Mushroom Beef Country Corn Broccoli Wheat Bread Banana Pudding	Herbed Pork+ Lentils Cauliflower Wheat Bread Fudge Cream Cookie	Beef Taco Pinto Beans Mexican Rice Flour Tortilla Fresh Fruit Taco Sauce