

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 Huttsler, RD, LD #DT81463

Monday 6/3/2019	Tuesday 6/4/2019	Wednesday 6/5/2019	Thursday 6/6/2019	Friday 6/7/2019
Turkey Tetrazzini* Green Beans Squash Medley Whole Wheat Breadstick Fresh Fruit	Lemon Pepper Fish Black-Eyed Peas Diced Beets Wheat Bread Oatmeal Cream Cookie	Smoked Sausage*+ Lima Beans Okra and Tomatoes Cornbread Fresh Fruit Margarine	Sloppy Joe Tater Gems Spring Vegetables Hamburger Bun Gingerbread Cookie	Balsamic Glazed Chicken ⊗ Dirty Rice Spinach Texas Bread Fresh Banana
Monday 6/10/2019	Tuesday 6/11/2019	Wednesday 6/12/2019	Thursday 6/13/2019	Friday 6/14/2019
Rosemary Beef Ranch Whipped Potatoes Oregano Broccoli Texas Bread Fresh Fruit	Sesame Diced Chicken Oriental Rice Japanese Vegetables Wheat Bread Cinnamon Swirl Pudding ⊗	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 6/17/2019	Tuesday 6/18/2019	Wednesday 6/19/2019	Thursday 6/20/2019	Friday 6/21/2019
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 6/24/2019	Tuesday 6/25/2019	Wednesday 6/26/2019	Thursday 6/27/2019	Friday 6/28/2019
Salisbury Beef Onion Gravy Garlic Whipped Potatoes Mixed Vegetables Wheat Bread Fresh Orange	Turkey Noodle Casserole* Squash Medley Country Tomatoes Wheat Bread Fresh Banana Milk	Hamburger Patty Shredded Lettuce/Pickles Ranch Beans Hamburger Bun Hot Cinnamon Applesauce Milk	Baked Chicken with Gravy Scalloped Potatoes Cabbage Cornbread Sugar Cookie Milk	Italian Shells and Cheese ⊗ Herbed Green Peas Dilled Carrots Wheat Bread Chocolate Pudding Milk