

FORT BEND SENIORS - MEALS ON WHEELS JULY 2019 MENU

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

Monday 7/1/2019	Tuesday 7/2/2019	Wednesday 7/3/2019	Thursday 7/4/2019	Friday 7/5/2019
Mushroom Chicken Garlic Whipped Potatoes Brussels Sprouts and Corn Texas Bread Fresh Fruit	Beef Taco Pinto Beans Parslied Carrots Flour Tortilla Rocky Road Pudding Taco Sauce Diet - Chocolate Pudding	Sausage with Red Beans*+ Cajun Rice Okra and Tomatoes Texas Bread Fresh Banana	CLOSED 4th of July	Creamy Paprika Chicken Penne Pasta Mixed Vegetables Wheat Roll Fresh Fruit
Monday 7/8/2019	Tuesday 7/9/2019	Wednesday 7/10/2019	Thursday 7/11/2019	Friday 7/12/2019
Meatloaf Tomato Gravy Whipped Potatoes Peas and Carrots Dinner Roll Fresh Fruit	Lemon Herb Chicken Mashed Spiced Yams Broccoli Wheat Bread Fresh Fruit	Beef Chili with Beans Whole Kernel Corn Spinach Cornbread Oatmeal Raisin Cookie Margarine	Swedish Chicken Meatballs Macaroni and Cheese Italian Green Beans Dinner Roll Fresh Fruit	Sloppy Joe Oven Roasted Potatoes Capri Vegetables Hamburger Bun Craisins ⊗
Monday 7/15/2019	Tuesday 7/16/2019	Wednesday 7/17/2019	Thursday 7/18/2019	Friday 7/19/2019
Turkey Macaroni and Cheese* Squash Medley Diced Beets Wheat Bread Fresh Fruit	Swiss Steak Scalloped Potatoes Green Beans with Onions Wheat Bread Chocolate Graham Crackers	Diced Mole Chicken Mexican Rice Country Tomatoes Flour Tortilla Fresh Banana	Turkey Breast with Gravy* Lentils Catalina Vegetables Dinner Roll Nuttu Buddy Bar	Potato Crusted Fish Parslied Rice Ginger Carrots Wheat Bread Cherry Gelatin
Monday 7/22/2019	Tuesday 7/23/2019	Wednesday 7/24/2019	Thursday 7/25/2019	Friday 7/26/2019
Salisbury Beef Brown Gravy Whipped Potatoes California Vegetables Wheat Bread Fresh Fruit	Buffalo Ranch Chicken Green Peas Broccoli Wheat Bread Fudge Cream Cookie Margarine	Beef Enchilada Pie Spanish Rice Parslied Carrots Wheat Bread Vanilla Pudding	Honey Mustard Glazed Ham+ Lima Beans Turnip Greens Cornbread Fresh Orange Margarine	Turkey Tetrzzini* Green Beans Stewed Tomatoes Wheat Bread Fresh Banana
Monday 7/29/2019	Tuesday 7/30/2019	Wednesday 7/31/2019		
Hawaiian Chicken Meatballs Confetti Rice Squash Medley Wheat Bread Fresh Fruit	Turkey Noodle Casserole* Herbed Green Peas Glazed Carrots Wheat Bread Gingerbread Cookie	Hamburger Patty Shredded Lettuce/Pickles Ranch Beans Hamburger Bun Hot Cinnamon Applesauce Mustard and Ketchup	<p>*- Turkey + - Pork ⊗ - New Menu Item</p> <p><i>Sarah Hutsler, RD, LD</i> Sarah Hutsler, RD, LD #DT81463</p>	