

FORT BEND SENIORS - MEALS ON WHEELS AUGUST 2019 MENU

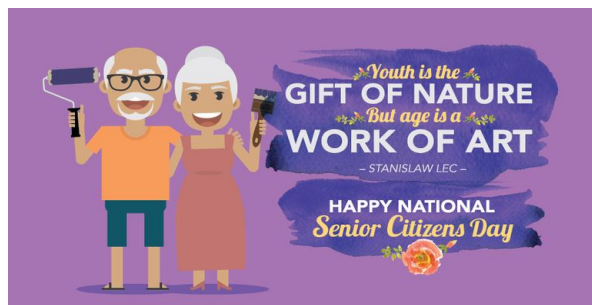
**If you WILL NOT be home please call Prior to or at least
BEFORE 11am Business Day Before to 281-633-7049**

* - Turkey

+ - Pork

⊗ - New Menu Item

Sarah Hutsler, RD, LD
Sarah Hutsler, RD, LD #DT81463



Thursday 8/1/2019	Friday 8/2/2019
Rosemary Pork+ Parslied Potatoes Green Beans with Onions Wheat Bread Fresh Fruit	Baked Chicken with Gravy Black-Eyed Peas Diced Beets Wheat Bread Oatmeal Cream Cookie Margarine

Monday 8/5/2019	Tuesday 8/6/2019	Wednesday 8/7/2019	Thursday 8/8/2019	Friday 8/9/2019
Beef with Country Gravy Buttermilk Potatoes Garden Vegetables Wheat Bread Fresh Fruit	Southwest Chicken Pinto Beans Cilantro Lime Corn Dinner Roll Fresh Fruit	Breaded Fish Tater Gems Medley Cabbage Hamburger Bun Sugar Cookie Tartar Sauce	Cheesy Beef Macaroni Broccoli Cauliflower Wheat Bread Cocoa Z Bar	Turkey Breast with Gravy* Cheesy Garlic Polenta Spring Vegetables Texas Bread Fresh Banana

Monday 8/12/2019	Tuesday 8/13/2019	Wednesday 8/14/2019	Thursday 8/15/2019	Friday 8/16/2019
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	Sausage with Red Beans*+ Cajun Rice Okra and Tomatoes Texas Bread Fresh Banana	Sliced Turkey Breast* Swiss Cheese Lettuce and Tomato Three Bean Salad Wheat Bread (2) Strawberry Cereal Bar Mustard	Creamy Paprika Chicken Penne Pasta Mixed Vegetables Wheat Roll Fresh Fruit

Monday 8/19/2019	Tuesday 8/20/2019	Wednesday 8/21/2019	Thursday 8/22/2019	Friday 8/23/2019
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 8/26/2019	Tuesday 8/27/2019	Wednesday 8/28/2019	Thursday 8/29/2019	Friday 8/30/2019
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 Nutty Buddy Bar	Potato Crusted Fish Parslied Rice Ginger Carrots Wheat Bread Cherry Gelatin