

FORT BEND SENIORS - MEALS ON WHEELS

January 2020 MENU


* - Turkey
+ - Pork
- New Menu Items

Sarah Hutsler, RD, LD

Sarah Hutsler, RD, LD #DT81463


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



Wednesday 1/1/2020	Thursday 1/2/2020	Friday 1/3/2020
CLOSED NEW YEARS DAY 	Tomato Basil Chicken Parmesan Penne Pasta Mixed Vegetables Dinner Roll Lemon Pudding <i>721 Calories 1090mg Sodium</i>	Turkey Macaroni and Cheese* Herbed Green Beans Cauliflower Wheat Bread Fudge Cream Cookie <i>689 Calories 704mg Sodium</i>

Monday 1/6/2020	Tuesday 1/7/2020	Wednesday 1/8/2020	Thursday 1/9/2020	Friday 1/10/2020
Thai Chili Chicken# Seasoned Lentils Ginger Carrots Texas Bread Fresh Fruit <i>636 Calories 1049mg Sodium</i>	Vegetable Beef Soup Whole Kernel Corn Diced Beets Wheat Bread Cherry Gelatin <i>648 Calories 1901mg Sodium</i>	Turkey Noodle Casserole Broccoli Green Beans Wheat Bread Fresh Banana <i>644 Calories 411mg Sodium</i>	Garlic Rosemary Beef Oven Roasted Potatoes California Vegetables Wheat Bread Vanilla Pudding <i>652 Calories 858mg Sodium</i>	Chicken and Ham Jambalaya+# Black-Eyed Peas Cabbage with Carrots Wheat Bread Nutty Buddy Bar <i>612 Calories 841mg Sodium</i>

Monday 1/13/2020	Tuesday 1/14/2020	Wednesday 1/15/2020	Thursday 1/16/2020	Friday 1/17/2020
Swiss Steak Whipped Potatoes Okra and Tomatoes Wheat Bread Fresh Fruit <i>605 Calories 589mg Sodium</i>	Lemon Pepper Pork+# Yellow Rice Mixed Vegetables Wheat Bread Fresh Orange <i>624 Calories 605mg Sodium</i>	Smoked Sausage+* Whole Kernel Corn Green Beans Hot Dog Bun Fresh Banana Mustard <i>618 Calories 1168mg Sodium</i>	Baked Chicken with Gravy Scalloped Potatoes Green Beans with Onions Wheat Bread Fudge Cream Cookie <i>624 Calories 1146mg Sodium</i>	Three Cheese Ziti Stewed Tomatoes Rosemary Carrots Wheat Bread Gingerbread Cookie <i>770 Calories 1206mg Sodium</i>

Monday 1/20/2020	Tuesday 1/21/2020	Wednesday 1/22/2020	Thursday 1/23/2020	Friday 1/24/2020
CLOSED MLK DAY 	Hamburger Patty Shredded Lettuce/Pickles Baked Beans Hamburger Bun Hot Cinnamon Applesauce Mustard and Ketchup <i>643 Calories 910mg Sodium</i>	Lemon Chicken Delmonico Potatoes Brussels Sprouts Wheat Bread Chocolate Pudding <i>616 Calories 1072mg Sodium</i>	Ham and White Beans+ Dirty Rice Spinach Cornbread Fresh Fruit Margarine <i>774 Calories 771mg Sodium</i>	Potato Crusted Fish Herbed Green Peas Stewed Tomatoes Dinner Roll Oatmeal Cream Cookie Tartar Sauce <i>767 Calories 1186mg Sodium</i>

Monday 1/27/2020	Tuesday 1/28/2020	Wednesday 1/29/2020	Thursday 1/30/2020	Friday 1/31/2020
Meatloaf Brown Gravy Whipped Potatoes Broccoli Wheat Bread Fresh Fruit <i>613 Calories 785mg Sodium</i>	Sweet and Sour Chicken# Jasmine Rice Japanese Vegetables Texas Bread Fortune Cookie <i>602 Calories 872mg Sodium</i>	BBQ Pork Rib Patty+ Ranch Beans Parslied Carrots Dinner Roll Lime Gelatin <i>748 Calories 954mg Sodium</i>	Turkey Breast with Gravy* Squash Rice Casserole Green Peas Texas Bread Fresh Banana <i>621 Calories 1428mg Sodium</i>	Vegetable Lasagna Cauliflower Green Beans Wheat Bread Strawberry Cereal Bar <i>625 Calories 784mg Sodium</i>