

# FORT BEND SENIORS - MEALS ON WHEELS

## February 2020 MENU

\* - Turkey  
+ - Pork  
# - New Menu Items

Sarah Hutsler, RD, LD

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

<b>Monday</b> <b>2/3/2020</b>	<b>Tuesday</b> <b>2/4/2020</b>	<b>Wednesday</b> <b>2/5/2020</b>	<b>Thursday</b> <b>2/6/2020</b>	<b>Friday</b> <b>2/7/2020</b>
Balsamic Chicken Garlic Whipped Potatoes Green Beans Almandine Dinner Roll Fresh Fruit Margarine  <i>600 Calories 711mg Sodium</i>	Beef Taco Charro Beans Spanish Rice Flour Tortilla Cinnamon Crisp Bar Taco Sauce  <i>823 Calories 1823mg Sodium</i>	Smoked Sausage+* Lima Beans Stewed Tomatoes Cornbread Fresh Orange Margarine  <i>670 Calories 1283mg Sodium</i>	Parmesan Chicken Macaroni and Cheese Sliced Carrots Wheat Bread Oatmeal Cream Cookie  <i>651 Calories 1045mg Sodium</i>	Hamburger Patty Shredded Lettuce/Pickles Ranch Roasted Potatoes Hamburger Bun Hot Spiced Peaches Mustard and Ketchup  <i>602 Calories 1013mg Sodium</i>
<b>Monday</b> <b>2/10/2020</b>	<b>Tuesday</b> <b>2/11/2020</b>	<b>Wednesday</b> <b>2/12/2020</b>	<b>Thursday</b> <b>2/13/2020</b>	<b>Friday</b> <b>2/14/2020</b>
Salisbury Beef Onion Gravy Whipped Potatoes Brussels Sprouts Wheat Bread Fresh Fruit  <i>657 Calories 591mg Sodium</i>	Sausage and Rice Casserole+* Green Peas Country Tomatoes Wheat Bread Animal Crackers#  <i>655 Calories 1455mg Sodium</i>	Beef Chili with Beans Parslied Rice Mixed Greens Cornbread Fresh Orange  <i>783 Calories 1437mg Sodium</i>	Tomato Basil Chicken Parmesan Penne Pasta Mixed Vegetables Dinner Roll Lemon Pudding  <i>721 Calories 1090mg Sodium</i>	Turkey Breast with Gravy* Scalloped Potatoes Herbed Green Beans Dinner Roll Strawberry Swirl Pudding   <i>615 Calories 1565mg Sodium</i>
<b>Monday</b> <b>2/17/2020</b>	<b>Tuesday</b> <b>2/18/2020</b>	<b>Wednesday</b> <b>2/19/2020</b>	<b>Thursday</b> <b>2/20/2020</b>	<b>Friday</b> <b>2/21/2020</b>
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>
<b>Monday</b> <b>2/24/2020</b>	<b>Tuesday</b> <b>2/25/2020</b>	<b>Wednesday</b> <b>2/26/2020</b>	<b>Thursday</b> <b>2/27/2020</b>	<b>Friday</b> <b>2/28/2020</b>
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>	Breaded Fish Coleslaw Baked Beans Hamburger Bun Hot Cinnamon Applesauce Tartar Sauce  <i>813 Calories 1050mg 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>

