



FORT BEND SENIORS - MEALS ON WHEELS

March 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

Monday 3/2/2020	Tuesday 3/3/2020	Wednesday 3/4/2020	Thursday 3/5/2020	Friday 3/6/2020
Swedish Chicken Meatballs Parslied Penne Pasta Catalina Vegetables Wheat Bread Fresh Fruit <i>629 Calories 605mg Sodium</i>	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 3/9/2020	Tuesday 3/10/2020	Wednesday 3/11/2020	Thursday 3/12/2020	Friday 3/13/2020
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>
Monday 3/16/2020	Tuesday 3/17/2020	Wednesday 3/18/2020	Thursday 3/19/2020	Friday 3/20/2020
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>	Tuna Salad Three Bean Salad Cold Diced Beets Saltine Crackers Craisins <i>654 Calories 1127mg Sodium</i>
Monday 3/23/2020	Tuesday 3/24/2020	Wednesday 3/25/2020	Thursday 3/26/2020	Friday 3/27/2020
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 Margarine <i>783 Calories 1437mg Sodium</i>	Tomato Basil Chicken Parmesan Penne Pasta Mixed Vegetables Dinner Roll Lemon Pudding <i>721 Calories 1090mg Sodium</i>	Macaroni and Cheese Herbed Green Beans Cauliflower Wheat Bread Fudge Cream Cookie <i>736 Calories 839mg Sodium</i>
Monday 3/30/2020	Tuesday 3/31/2020	<div style="background-color: #333; color: white; padding: 10px; text-align: center;"> <p>Knowing is not enough; we must apply. Willing is not enough; we must do. Johann Wolfgang von Goethe</p> </div>		
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>	<div style="text-align: right;"> <p><i>Freedom</i> IS ONE OF THE DEEPEST AND NOBLEST ASPIRATIONS OF THE HUMAN SPIRIT. <small>★ RONALD REAGAN</small></p> </div>		