

Meals on Wheels San Antonio

August 2019 - Menu A

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Notes: 1) Nutrition calculated with milk as the beverage 2) Meal and side items may be different. Modifications will be made to meet dietary requirements. 3) If you need to cancel your meal or if you have questions, please call (210)735-5115</p>		<p>From the Dietitian: If you follow a diabetic diet and need fewer carbs per meal, divide your meal in half, eat the fruit at later time, or drink water instead of milk. Nutrition Goals: >600 calories Protein:>20g Sodium:<1000mg Fat: <30% of total calories Fiber: >7g Nutrition Averages: Cal.: 653 Protein: 34g Fat: 18g Fiber: 11g Sodium: 644</p>	<p>August 1st Deluxe Egg Salad Italian Pasta Salad Ambrosia Salad Dinner Roll</p>	<p>August 2nd Caldo de Pollo Spanish Rice Garden Blend Crackers Tapioca</p>
<p>August 5th Cheeseburger on Bun Confetti Pasta Salad Green Beans Mustard Peach</p>	<p>August 6th Spinach Parmesan Pasta Garlic Breadstick Nectarine</p>	<p>August 7th Butter Crumb Pollock Rice Pilaf Scandinavian Blend Baked Cinnamon Apple Tarter Sauce Nutty Buddy Wafer Bar</p>	<p>August 8th Beef Stroganoff Key Biscayne Blend Dinner Roll Lemon Cookie</p>	<p>August 9th BBQ Pork Mashed Potatoes Green Beans Wheat Bread Fig bar</p>
<p>August 12th Beef and Broccoli Stir-Fry Oriental Blend Fortune Cookie Plum</p>	<p>August 13th Shrimp and Chicken Paella French Bread Butterscotch Pudding</p>	<p>August 14th Bowtie Lasagna Capri Blend Dinner Roll Peach</p>	<p>August 15th Chicken Jambalaya Garden Blend Mini Cornbread Loaf Plum</p>	<p>August 16th Cheese Ravioli with Meaty Marinara Sauce Key Biscayne Blend Dinner Roll Peaches & Crème Parfait</p>
<p>August 19th Pork Piccata Garlic Mashed Potatoes Malibu Blend Strawberry Applesauce</p>	<p>August 20th Breaded Fish Sandwich Confetti Pasta Salad Fruit Cocktail Bun Snickerdoodle Cookie</p>	<p>August 21st Pepper Steak Veggie Fried Rice Oriental Blend Fortune Cookie Nectarine</p>	<p>August 22nd <u>CHILLED MEAL</u> Tex-Mex Cobb Salad Ranch Dressing Dinner Roll Peach</p>	<p>August 23rd Meatloaf with Gravy Mashed Potatoes Green Beans Wheat Bread Fudge Round</p>
<p>August 26th Chicken Parmigiana over Pasta Key Biscayne Blend Chocolate Pudding</p>	<p>August 27th Turkey Vegetable Chili Malibu Blend Crackers Nectarine</p>	<p>August 28th Beef and Cheese Empanadas Spanish Rice Roasted Corn & Black Beans Rice Pudding</p>	<p>August 29th BBQ Pork Mashed Potatoes Green Beans Wheat Bread Fig bar</p>	<p>August 30th <u>DOUBLE MEAL DELIVERY</u> Chicken Pot Pie topped with Biscuit Normandy Blend Sliced Apples</p>