

NOVEMBER 2024 HOMEBOUND MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10/28/2024	10/29/2024	10/30/2024	10/31/2024 HAPPY HALLOWEEN	11/1/2024
Spiced Lentil Stew [30] Brown Rice Pilaf [22] * Seasoned Asparagus [6] * <i>Buttermilk Biscuit [27]</i> <i>Pineapple Tidbits [15] *</i> <i>2% Milk [12] *</i> 740 calories / 32 grams protein	Tangy Orange Chicken [40] over Fluffy Rice [29] * Vegetable Spring Roll [12] Garden Vegetable Medley [13] * <i>Fortune Cookie [4] *</i> <i>2% Milk [12] *</i> 760 calories / 33 grams protein	Old-Fashioned Swiss Steak [14] Garlicky Mashed Potatoes [17] * Herbed Green Beans [6] * <i>Whole Grain Dinner Roll [26]</i> <i>Assorted Gelatin [23] *</i> <i>2% Milk [12] *</i> 700 calories / 33 grams protein	BBQ "Ghoul"ed Chicken [9] Dracul-oni and Cheese [21] "BOO"ssels Sprouts [8] * <i>Night of the Living Bread [13] *</i> <i>"Gourd"geous Sugar Cookie [22] *</i> <i>2% Milk [12] *</i> 655 calories / 48 grams protein	Classic Cheeseburger [2] Oven-Baked Potato Wedges [25] * Parslied Peas & Carrots [10] * <i>Hamburger Bun [23]</i> <i>Ketchup & Mustard [3]</i> <i>Lettuce, Tomato, & Onion Garnish [4] *</i> <i>Apple Slices [15] *</i> <i>2% Milk [12] *</i> 710 calories / 34 grams protein
11/4/2024	11/5/2024	11/6/2024	11/7/2024	11/8/2024
Cheese Enchiladas [23] Cilantro Lime Rice [25] * Zesty Black Beans [23] * <i>Diced Mango [15] *</i> <i>2% Milk [12] *</i> 760 calories / 38 grams protein	Beef Shepherd's Pie [29] Steamed Broccoli Florets [5] * Simply Sweet Corn [17] * <i>Garlic Bread [14] *</i> <i>Fresh Banana [26] *</i> <i>2% Milk [12] *</i> 720 calories / 35 grams protein	Smothered Chicken & Dressing [28] Roasted Sweet Potatoes [14] * Asparagus with Red Peppers [5] * <i>Cornbread Loaf [29] *</i> <i>2% Milk [12] *</i> 710 calories / 47 grams protein	Signature Carne Guisada [12] Spanish Rice [25] * Herbed Green Beans [7] * <i>Sliced Bread [13] *</i> <i>Chocolate Chip Cookie [32] *</i> <i>2% Milk [12] *</i> 720 calories / 42 grams protein	Oven-Baked Chicken Tenders [16] Creamy Macaroni & Cheese [20] * Garden Vegetable Medley [11] * <i>BBQ Sauce [10] *</i> <i>Vanilla Pudding [17] *</i> <i>2% Milk [12] *</i> 730 calories / 42 grams protein
11/11/2024 ALL STAFF TRAINING	11/12/2024	11/13/2024	11/14/2024 SAVOR GALA	11/15/2024
Homestyle Meatloaf [8] with Garlicky Mashed Potatoes [17] * Seasoned Brussels Sprouts [13] * Cinnamon Spiced Apples & Oats [33] * <i>Whole Grain Dinner Roll [26]</i> <i>2% Milk [12] *</i> 750 calories / 37 grams protein	Breaded Chicken Piccata [12] Garden Rice Pilaf with Lentils [21] * Italian Vegetable Medley [11] * <i>Whole Grain Dinner Roll [26]</i> <i>Fresh Grapes [21] *</i> <i>2% Milk [12] *</i> 710 calories / 41 grams protein	Creamy Swedish Meatballs [9] over a bed of Bow Tie Pasta [21] * Parslied Peas & Carrots [9] * Seasoned Cauliflower Florets [4] * <i>Sliced Bread [13] *</i> <i>Fruited Gelatin [19] *</i> <i>2% Milk [12] *</i> 730 calories / 38 grams protein	SAVOR-y Sloppy Joe [14] over a Sweet Cornbread Bowl [33] Winter Vegetable Medley [7] * <i>Fudge Brownie [31]</i> <i>2% Milk [12] *</i> 730 calories / 29 grams protein	Chicken Fajita Bowl [2] * with Steamed Brown Rice [22] * Black Bean & Corn Salsa [14] * Picante Sauce [4] * <i>Tortilla Chips [18] *</i> <i>Raisins [29] *</i> <i>2% Milk [12] *</i> 710 calories / 43 grams protein
11/18/2024	11/19/2024	11/20/2024	11/21/2024	11/22/2024
Captain's Fish Sandwich [15] Ancient Grains & Kale Medley [13] * Seasoned Carrot Coins [8] * <i>Hamburger Bun [23]</i> <i>Tartar Sauce [2] *</i> <i>Assorted Gelatin [21] *</i> <i>2% Milk [12] *</i> 715 calories / 33 grams protein	Rustic Smoked Brisket [9] Roasted Red Potatoes [15] * Herbed Green Beans [7] * <i>Cornbread Loaf [29] *</i> <i>Fresh Orange [17] *</i> <i>2% Milk [12] *</i> 745 calories / 36 grams protein	Sweet & Sour Chicken [37] over Fluffy Rice [29] * Vegetable Spring Roll [12] Steamed Broccoli Florets [5] * <i>Fortune Cookie [4] *</i> <i>2% Milk [12] *</i> 720 calories / 32 grams protein	Savory Salisbury Steak [7] Garlicky Mashed Potatoes [17] * Simply Sweet Corn [17] * <i>Sliced Bread [13] *</i> <i>Vanilla Pound Cake [26]</i> <i>2% Milk [12] *</i> 700 calories / 32 grams protein	Smothered Chicken Pizzaiola [7] Italian Seasoned Orzo [21] * Glazed Brussels Sprouts [12] * <i>Whole Grain Dinner Roll [26]</i> <i>Fresh Banana [26] *</i> <i>2% Milk [12] *</i> 715 calories / 52 grams protein
11/25/2024	11/26/2024	11/27/2024	11/28/2024 HAPPY THANKSGIVING	11/29/2024 OFFICE CLOSED
Nonna's Three Cheese Lasagna [35] Parslied Peas & Carrots [9] * Seasoned Cauliflower Florets [4] * <i>Garlic Bread [14] *</i> <i>Chocolate Pudding [19] *</i> <i>2% Milk [12] *</i> 690 calories / 32 grams protein	Southern Chicken Fried Chicken [14] Creamy Mashed Potatoes [17] * Asparagus with Red Peppers [5] * <i>Buttermilk Biscuit [27]</i> <i>Fresh Apple Slices [15] *</i> <i>2% Milk [12] *</i> 740 calories / 40 grams protein	Cozy Turkey Chili [26] over a Sweet Cornbread Bowl [33] Winter Vegetable Medley [7] * <i>Fruited Gelatin [19] *</i> <i>2% Milk [12] *</i> 705 calories / 38 grams protein	Roasted Turkey & Dressing [30] Creamy Mashed Potatoes [17] * Candied Yams [36] * Herbed Green Beans [7] * <i>Whole Grain Dinner Roll [13] *</i> <i>Pumpkin Pie [34]</i> <i>2% Milk [12] *</i> 955 calories / 37 grams protein	Cheesy Stromboli Bites [48] Homemade Marinara Sauce [11] Italian Vegetable Medley [12] * <i>Cinnamon Applesauce [17] *</i> <i>2% Milk [12] *</i> 725 calories / 31 grams protein

MENU SUBJECT TO CHANGE BASED ON PRODUCT AVAILABILITY. FOR MORE INFORMATION CALL (210)735-5115.

LEGEND: [X] = Grams of Carbohydrates per Serving * = Low Sodium **BOLD** = In Tray *Italic* = Outside Tray

COMMENTS:
 1. Fortified Apple Juice: 120 calories, 0 g protein, 28 g carbohydrates, and 25 mg sodium
 2. For those watching their carbohydrate intake, the amount (grams) of carbs per serving is listed beside each menu item in brackets []. Generally, it is recommended that meals consist of 45-75 grams of carbohydrates while a snack consist of 15-30 grams of carbohydrates.
 3. "Low Sodium" is defined as 140 mg of sodium or less per serving.

MENU APPROVED BY: Lauren Petley, MS, RDN, LDN (Registration: 86147166, Exp: 8/31/2025)(License: DT88677, Exp: 6/20/2025) *Lauren Petley, RDN, LDN* 10/11/24

NOVIEMBRE 2024 MENÚ DE DOMICILIO

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
10/28/2024	10/29/2024	10/30/2024	10/31/2024 HAPPY HALLOWEEN	11/1/2024
<p>Sopa de Lentejas con Especies [30] Pilaf de Arroz [22] * Espárragos [6] * <i>Panecillo [27]</i> <i>Piña Cortada [15] *</i> 2% Leche [12] *</p> <p style="font-size: small;">740 calorías / 32 gramos de proteína</p>	<p>Pollo a la Naranja con Arroz [69] Rollito de Primavera de Verduras [12] Mezcla de Vegetales [13] * <i>Galleta de la Fortuna [4] *</i> 2% Leche [12] *</p> <p style="font-size: small;">760 calorías / 33 gramos de proteína</p>	<p>Filete de Res Suizo [14] Puré de Papas al Ajo [17] * Ejotes Verdes [6] * <i>Panecillo [26]</i> <i>Gelatina Variada [23] *</i> 2% Leche [12] *</p> <p style="font-size: small;">700 calorías / 33 gramos de proteína</p>	<p>Pollo Asado a la Barbacoa [9] Macarron con Queso [21] Repollitos de Bruselas [8] * <i>Panecillo [13] *</i> <i>Galleta de Azúcar [22] *</i> 2% Leche [12] *</p> <p style="font-size: small;">655 calorías / 48 gramos de proteína</p>	<p>Hamburguesa con Queso [2] Papas Fritas [25] * Chicharos y Zanahorias [10] * <i>Pan de Hamburguesa [23]</i> <i>Ketchup y Mostaza [3]</i> <i>Lechuga, Tomate, Cebolla [4] *</i> <i>Manzana [15] *</i> 2% Leche [12] *</p> <p style="font-size: small;">710 calorías / 34 gramos de proteína</p>
11/4/2024	11/5/2024	11/6/2024	11/7/2024	11/8/2024
<p>Enchiladas de Queso [23] Arroz con Cilantro y Lima [25] * Frijoles Negros [23] * <i>Mango Cortado en Cubitos [15] *</i> 2% Leche [12] *</p> <p style="font-size: small;">760 calorías / 38 gramos de proteína</p>	<p>Pastel de Pastor con Carne [29] Floretes de Brócoli [5] * Elote [17] * <i>Panecillo [14] *</i> <i>Plátano [26] *</i> 2% Leche [12] *</p> <p style="font-size: small;">720 calorías / 35 gramos de proteína</p>	<p>Pollo en Salsa y Aliño [28] Camotes Asados [14] * Espárragos con Pimientos Rojos [5] * <i>Pan de Maíz [29] *</i> 2% Leche [12] *</p> <p style="font-size: small;">710 calorías / 47 gramos de proteína</p>	<p>Carne Guisada [12] Arroz Español [25] * Ejotes Verdes [7] * <i>Panecillo [13] *</i> <i>Galleta con Chispas de Chocolate [32] *</i> 2% Leche [12] *</p> <p style="font-size: small;">720 calorías / 42 gramos de proteína</p>	<p>Filetes de Pollo [16] Macarrones con Queso [20] * Mezcla de Vegetales [11] * <i>Salsa Barbacoa [10] *</i> <i>Pudín de Vainilla [17] *</i> 2% Milk [12] *</p> <p style="font-size: small;">730 calorías / 42 gramos de proteína</p>
11/11/2024	11/12/2024	11/13/2024	11/14/2024 SAVOR GALA	11/15/2024
<p>Pastel de Carne [8] Puré de Papas al Ajo [17] * Repollitos de Bruselas [13] * Manzanas y Avena con Especies [33] * <i>Panecillo [26]</i> 2% Leche [12] *</p> <p style="font-size: small;">750 calorías / 37 gramos de proteína</p>	<p>Piccata de Pollo [12] Pilaf de Arroz con Lentejas [21] * Mezcla de Vegetales [11] * <i>Panecillo [26]</i> <i>Uvas [21] *</i> 2% Leche [12] *</p> <p style="font-size: small;">710 calorías / 41 gramos de proteína</p>	<p>Albóndigas Suecas Cremosas [9] sobre Pasta [21] * Chícharos y Zanahorias [9] * Coliflor Sazonadas [4] * <i>Panecillo [13] *</i> <i>Gelatina con Fruta [19] *</i> 2% Leche [12] *</p> <p style="font-size: small;">730 calorías / 38 gramos de proteína</p>	<p>Sloppy Joe Sabroso [14] sobre Pan de Maíz Dulce [33] Mezcla de Vegetales [7] * <i>Brownie de Chocolate [31]</i> 2% Leche [12] *</p> <p style="font-size: small;">730 calorías / 29 gramos de proteína</p>	<p>Tazón de Fajita de Pollo [2] * sobre Arroz [22] * Salsa de Frijoles Negros y Maíz [14] * Salsa Picante [4] * <i>Chips de Tortilla [18] *</i> <i>Papas Secadas Al Sol [29] *</i> 2% Leche [12] *</p> <p style="font-size: small;">710 calorías / 43 gramos de proteína</p>
11/18/2024	11/19/2024	11/20/2024	11/21/2024	11/22/2024
<p>Sándwich de Pescado del Capitán [15] Mezcla de Cereal y Col Rizada [13] * Zanahorias Sazonadas [8] * <i>Pan de Hamburguesa [23]</i> <i>Salsa Tártara [2] *</i> <i>Gelatina Variada [21] *</i> 2% Leche [12] *</p> <p style="font-size: small;">715 calorías / 33 gramos de proteína</p>	<p>Brisket BBQ Ahumada [9] Patatas Rojas Asadas [15] * Ejotes Verdes [7] * <i>Pan de Maíz [29] *</i> <i>Naranja [17] *</i> 2% Leche [12] *</p> <p style="font-size: small;">745 calorías / 36 gramos de proteína</p>	<p>Pollo Agrídulce [37] sobre Arroz [29] * Rollito de Primavera de Verduras [12] Floretes de Brócoli [5] * <i>Galleta de la Fortuna [4] *</i> 2% Leche [12] *</p> <p style="font-size: small;">720 calorías / 32 gramos de proteína</p>	<p>Filete Salisbury [7] Puré de Papas al Ajo [17] * Elote [17] * <i>Panecillo [13] *</i> <i>Panecillo de Vainilla [26]</i> 2% Leche [12] *</p> <p style="font-size: small;">700 calorías / 32 gramos de proteína</p>	<p>Pollo a la Pizzaiola [7] Pasta Orzo [21] * Repollitos de Bruselas [12] * <i>Panecillo [26]</i> <i>Plátano [26] *</i> 2% Leche [12] *</p> <p style="font-size: small;">715 calorías / 52 gramos de proteína</p>
11/25/2024	11/26/2024	11/27/2024	11/28/2024 HAPPY THANKSGIVING	11/29/2024 OFICINA CERRADA
<p>Lasaña de Tres Quesos [35] Chicharos y Zanahorias [9] * Floretes de Coliflor [4] * <i>Panecillo [14] *</i> <i>Pudín de Chocolate [19] *</i> 2% Leche [12] *</p> <p style="font-size: small;">690 calorías / 32 gramos de proteína</p>	<p>Pollo Frito con Pollo [14] Puré de Papas Cremoso [17] * Espárragos y Pimientos Rojos [5] * <i>Panecillo [27]</i> <i>Rebanadas de Manzanas [15] *</i> 2% Leche [12] *</p> <p style="font-size: small;">740 calorías / 40 gramos de proteína</p>	<p>Chili de Pavo [26] sobre Pan de Maíz Dulce [33] Mezcla de Vegetales [7] * <i>Gelatina con Fruta [19] *</i> 2% Leche [12] *</p> <p style="font-size: small;">705 calorías / 38 gramos de proteína</p>	<p>Pavo Asado al Horno con Aderezo [30] Puré de Papas Cremoso [17] * Camotes Dulces [36] * Ejotes Verdes [7] * <i>Panecillo [13] *</i> <i>Pastel de Calabaza [34]</i> 2% Leche [12] *</p> <p style="font-size: small;">955 calorías / 37 gramos de proteína</p>	<p>Bocaditos de Stromboli con Queso [48] Salsa Marinera [11] Mezcla de Vegetales [12] * <i>Puré de Manzana [17] *</i> 2% Leche [12] *</p> <p style="font-size: small;">725 calorías / 31 gramos de proteína</p>

MENU SUJETO A CAMBIOS SIN AVISO... PARA MAS INFORMACION LLAME AL 210-735-5115.

LEYENDA:	[X] = Gramos de carbohidratos por porción	* = Bajo en Sodio	PALABRAS = En la bandeja	PALABRAS = Fuera de la bandeja
COMENTARIOS:	1. Jugo de manzana fortificado: 120 calorías, 0 g de proteína, 28 g de carbohidratos y 25 mg de sodio. 2. Para quienes controlan su consumo de carbohidratos, la cantidad (gramos) de carbohidratos por porción aparece al lado de cada elemento del menú, entre paréntesis []. Se recomienda que las comidas consten de 45 a 75 gramos de carbohidratos, mientras que la merienda conste de 15 a 30 gramos de carbohidratos. 3. "Bajo en sodio" se define como 140 mg de sodio o menos por porción.			
MENU APROBADO POR:	Lauren Petley, MS, RDN, LDN (Registration: 86147166, Exp: 8/31/2025)(License: DT88677, Exp: 6/20/2025)			<i>Lauren Petley, RDN, LDN</i> 10/11/24