Meals on Wheels--Christian Senior Services **May 1-31, 2018 Kirby**

Monday	Tuesday	Wednesday	Thursday	Friday
	May 1, 2018	**May 2, 2018**	**May 3, 2018**	**May 4, 2018**
Monthly Average **Calories: 651.39 calories** **Protein: 36.18 gm** **Carbohydrate: 88.79 gm** **Fat:16.80 gm (23.21% of calories)** **Fiber: 12.08 gm** **Sodium: 710.89 mg**	Creamy Bowtie Lasagna Colorful Squash Salad Seasoned Green Beans 53g Carbs Fresh Fruit Beverage	Flavorful BBQ Pork Scalloped Potato Casserole Stewed Okra and Tomatoes 89g Carbs Fresh Fruit Beverage	Chicken Teriyaki Casserole Seasoned Veggies with Mushroom Herbed Green Peas 98g Carbs Fresh Fruit Beverage	**National Orange Juice Day** Egg, Potato, and Cheese Wrap Classic Hash Browns Warm Fruit Cocktail 129g Carbs Fresh Fruit Beverage
May 7, 2018	**May 8, 2018**	**May 9, 2018**	**May 10, 2018**	**May 11, 2018**
Tasty Breaded Pork over Rice Pilaf Crispy Roasted Brussel Sprouts Green Veggies with Carrots 90g Carbs Fresh Fruit Beverage	**Chilled Meal** Southwestern Chopped Salad with Creamy Ranch Dressing 74g Carbs Cornbread Mini Loaf Beverage	Mexican Picadillo Spanish Rice Chuckwagon Corn 102g Carbs Fresh Fruit Beverage	**National Shrimp Day** Shrimp Scampi Healthy Italian Veggies Lemony Lima Beans 105g Carbs Fresh Fruit Beverage	Salisbury Steak Buttery Mashed Potatoes Colorful Vegetable Medley 106g Carbs Fresh Fruit Beverage
May 14, 2018	**May 15, 2018**	**May 16, 2018**	**May 17, 2018**	**May 18, 2018**
Crispy Breaded Fish over Rice Pilaf Green Veggies with Carrots Tartar Sauce 101g Carbs Fresh Fruit Beverage	**National Chocolate Chip Day** Spaghetti Bolognese Healthy Italian Veggies Herbed Green Peas 66g Carbs Chocolate Chip Mini Treat Beverage	Mushroom Chicken and Quinoa Sunshine Carrots Edamame Medley 73g Carbs Fresh Fruit Beverage	Swiss Steak Lemon-Garlic Parmesan Orzo Colorful Squash Salad 71g Carbs Fresh Fruit Beverage	Classic Hot Dog Oven-Baked French Fries Sunshine Carrots Mustard 94g Carbs Fresh Fruit Beverage
May 21, 2018	**May 22, 2018**	**May 23, 2018**	**May 24, 2018**	**May 25, 2018**
Pork Piccata Garlic Mashed Potatoes Colorful Vegetable Medley 103g Carbs Fresh Fruit Beverage	**National Vanilla Pudding Day** Butternut Squash Ravioli Topped with Alfredo Sauce Colorful Squash Salad Edamame Medley/88g Carbs Vanilla Pudding Beverage	Southwestern Fiesta Chicken Tex-Mex Pinto Beans Chuckwagon Corn 102g Carbs Fresh Fruit Beverage	Hamburger on Bun Crispy Potatoes Wedges Sunshine Carrots Mustard 95g Carbs Fresh Fruit Beverage	**Double Meal Delivery** Chicken Pot Pie Warm Wheat Biscuit Colorful Squash Salad 72g Carbs Warm Fruit Cocktail Beverage
May 28, 2018	**May 29, 2018**	**May 30, 2018**	**May 31, 2018**	
Center Closed for Memorial Day	Homestyle Meatloaf Topped with Gravy Buttery Mashed Potatoes Green Veggies with Carrots 107g Carbs Fresh Fruit Beverage	American Chicken Chop Suey Seasoned Veggies with Mushroom Herbed Green Peas 85g Carbs Fresh Fruit Beverage	Venezuelan-style Beef over Garlicky Rice Chuckwagon Corn Colorful Vegetable Medley 82g Carbs Fresh Fruit Beverage	**Nutritional Goals** **Over 600 calories** **Over 20 grams** **Less than 100 grams** **Less than 30% Total Calories** **Over 7 Grams** **Less than 1000 milligrams**
	Contact Phone Number: 735-5115			
Holiday Meal	**We will be closed on Monday, May 28, 2018 for Memorial Day.**			
Comments	**The amount of carbohydrates listed includes entrée, sides, fruit or dessert, and a carton of milk**			

Menu Approved by Rhaizza Velasquez-Garcia, RD, LD License #DT84315 (expires 06/30/2019) RD, LD 4/10/2018