

Meals on Wheels- Spring

April 1-30, 2019 Kirby

Monday April 1, 2019	Tuesday April 2, 2019	Wednesday April 3, 2019	Thursday April 4, 2019	Friday April 5, 2019
Italian Meatball Bolognese Garlic Butter Breadstick 66g Carbs Fresh Fruit Beverage	National Peanut Butter and Jelly Day Egg Omelette Traditional PB Jelly Sandwich Cinnamon Oatmeal 95g Carbs Fruit Cocktail Beverage	International Carrot Day American Chop Suey Sunshine Carrots 72g Carbs Fortune Cookie Beverage	National Burrito Day Beef Bean Burrito Spanish Rice Corn and Zucchini Salad 113g Carbs Fresh Fruit Beverage	The Max Cheesiest con Queso Mexican Pinto Beans Colorful Vegetable Medley 88g Carbs Fresh Fruit Beverage
April 8, 2019	April 9, 2019	April 10, 2019	April 11, 2019	April 12, 2019
National Empanada Day Cheesy Beef Empanada Spanish Rice Seasoned Green Beans 84g Carbs Fresh Fruit Beverage	Chicken Teriyaki Casserole Seasoned Veggies with Mushroom 90g Carbs Fresh Fruit Beverage	Ketchup Glazed Meatloaf Buttery Mashed Potatoes Seasoned Green Beans 84g Carbs Apple Cinnamon Delights Beverage	Indian Spiced Stew over Rice Twisted-Citrus Roasted Veggies 106g Carbs Fresh Fruit Beverage	National Grilled Cheese Sandwich Day Grilled Cheese Sandwich Roasted Sweet Potato Crispy Brussel Sprouts 106g Carbs Fresh Fruit Beverage
April 15, 2019	April 16, 2019	April 17, 2019	April 18, 2019	April 19, 2019
Picadillo a la Mexicana Spanish Rice Mexican Pinto Beans 88g Carbs Fresh Fruit Beverage	National Mushroom Day Creamy Mushroom Chicken Pasta Twisted-Citrus Roasted Veggies 87g Carbs Fresh Fruit Beverage	Flavorful BBQ Pork Buttery Mashed Potatoes Green Bean and Tomato Salad Wheat Bread 91g Carbs Easter Cookie Beverage	Chicken Pot Pie Wheat Biscuit Colorful Squash Salad 60g Carbs Cinnamon Baked Apple Beverage	Center Closed for Good Friday
April 22, 2019	April 23, 2019	April 24, 2019	April 25, 2019	April 26, 2019
Venezuelan-style Beef over Garlicky Rice Seasoned Garden Veggies 78g Carbs Fresh Fruit Beverage	Chicken Pasta Primavera Colorful Vegetable Medley 82g Carbs Fresh Fruit Beverage	Classic Nachos 76g Carbs Fresh Fruit Beverage	Shepherd's Pie Seasoned Garden Veggies 74g Carbs Fruit Cocktail Beverage	Center Closed for Battle of the Flowers
April 29, 2019	April 30, 2019			
National Shrimp Scampi Day Shrimp Scampi Green Veggies with Carrots 89g Carbs Fresh Fruit Beverage	National Oatmeal Cookie Day *Chilled Meal* Southwestern Chicken Salad Ranch Dressing 63g Carbs Oatmeal Raisin Cookie 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	Monthly Average Calories: 655.10 calories Protein: 38.83 gm Carbohydrate: 83.71 gm Fat: 18.39 gm (25.26% of calories) Fiber: 10.56 gm Sodium: 743.57 mg
Contact Phone Number: 735-5115				
Holiday Meal	We will be closed on Friday, April 19, 2019 for Good Friday and Friday, April 26, 2019 for Battle of the Flowers.			
Comments	The amount of carbohydrates listed includes entree, sides, fruit or dessert, and a carton of milk. Tip: If following a diabetic diet, look at the amount of carbs per meal. If the amount is too high, divide your meal in half and eat a portion of your meal and the rest later, eat your dessert/fruit at a later time, or drink water instead of milk with your meal to reduce the amount of carbs.			
Menu Approved by Rhaizza Velasquez-Garcia, RD, LD License #D184315 (expires 06/30/2019) <i>RE, RD, LD</i> 3/12/2019				