

Meals on Wheels September 1-30, 2019 KIRBY

	Monday X1	X55	Tuesday X1	X35	Wednesday X1	X55	Thursday X1	X30	Friday X1	X55					
September 02-09, 2019	Center Closed for Labor Day														
September 9-13, 2019	Sloppy Joe Casserole	7 oz	385 oz	Chicken and Cheese Crisпитos	1 ea	35 ea	Ketchup Glazed Meatloaf	1 ea	55 ea	Peruvian Chicken over Rice	7 oz	210 oz	Egg Salad	7 oz	385 oz
September 16-20, 2019	Garden Blend	5 oz	220 oz	Spanish Rice	5 oz	140 oz	Mashed Potatoes	5 oz	220 oz	Garden Blend	5 oz	120 oz	Italian Pasta Salad	5 oz	220 oz
September 23-27, 2019	Broccoli and Onions	5 oz	220 oz	Pinto Beans	5 oz	140 oz	Edamame Medley	5 oz	220 oz	Green Peas	5 oz	120 oz	Dinner Roll	1 ea	55 ea
September 30, 2019	Fresh Fruit	1 ea	55 ea	Fresh Fruit	1 ea	35 ea	Wheat Bread	1 ea	55 ea	Fresh Fruit	1 ea	30 ea	Fruit Cocktail	5 oz	55 ea
	Irish Stew	7 oz	385 oz	Chicken Jambalaya	7 oz	245 oz	Ravioli	7 ea	385 ea	Pepper Steak	7 oz	210 oz	Tasty Chimichanga	1 ea	55 ea
	Whipped Potatoes	5 oz	220 oz	Garden Blend	5 oz	140 oz	Thyme Rstd Carrots	2 oz	110 oz	Veggie Fried Rice	5 oz	120 oz	Abuela's Calabacitas	5 oz	220 oz
	Savory Green Beans	5 oz	220 oz	Sweet Corn	5 oz	140 oz	Green Peas	5 oz	220 oz	Japanese Vegetables	5 oz	120 oz			
	Cookie	1 ea	55 ea	Fresh Fruit	1 ea	35 ea	Fresh Fruit	1 ea	55 ea	Fruit Cocktail	1 ea	30 ea	Peach Crisp	5 oz	220 oz
	Tex-Mex Cobb Salad	7 oz	385 oz	Beef Stroganoff	7 oz	245 oz	Spanish Paella	7 oz	385 oz	Capellini Primavera	7 oz	210 oz	Fish	1 ea	55 ea
	Ranch Dressing	1 ea	55 ea	Garden Blend	5 oz	140 oz	Dinner Roll	1 ea	55 ea	Glazed Carrots	5 oz	120 oz	Bun	1 ea	55 ea
	Tortilla Strips	1/2 oz	27.5 oz	Green Peas	5 oz	140 oz	Squash Salad	5 oz	220 oz	Herbed Veggies	5 oz	120 oz	Confetti Pasta Salad	5 oz	220 oz
	Flan	1 ea	55 ea	Fresh Fruit	1 ea	35 ea	Fresh Fruit	1 ea	55 ea	Fresh Fruit	1 ea	30 ea	Garden Blend	5 oz	220 oz
	BBQ Pork Riblet	1 ea	55 ea										Fruit Cup	1 ea	55 ea
	Mashed Potatoes	5 oz	220 oz												
	Edamame Medley	5 oz	220 oz												
	Texas Toast	1 ea	55 ea												
	Orange	1 ea	55 ea												

2 inch hotel pan holds: 228 oz. Serving Size: 8 oz --28.5 Servings 6 oz=38 Servings 5 oz =57 Servings
 2 inch hotel pan holds: 228 oz. Serving Size: 8 oz --28.5 Servings 6 oz=38 Servings 5 oz =57 Servings
 4 inch hotel pan holds: 456 oz. Serving Size: 8 oz=57 Servings 6 oz=76 Servings 5 oz=114 Servings

Meals on Wheels September 1-30, 2019 KIRBY		September 2-30, 2019 KIRBY	
Monday	Tuesday	Wednesday	Thursday
September 2, 2019	September 3, 2019	September 4, 2019	September 5, 2019
CENTER CLOSED FOR LABOR DAY Sloppy Joe Casserole Garden Vegetables Broccoli with Onions 85g Carbs Fresh Fruit Beverage	Firehouse Chili Savory Green Beans Seasoned Squash Salad 81g Carbs Fruited Gelatin Beverage Chicken Rollups Spanish Rice Charro Beans 79g Carbs Fresh Fruit Beverage NOLA Chicken Jambalaya Seasoned Garden Vegetables Sweet Corn 72g Carbs Fresh Fruit Beverage Beef Stroganoff Garden Vegetables Herbed Green Peas 69g Carbs Fresh Fruit Beverage Texas BBQ Pork Whipped Potatoes Savory Vegetable Medley Texas Toast 101g Carbs Fresh Fruit Beverage	Cheese Enchilada w/ Red Sauce Spanish Rice Classic Vegetable Blend 79g Carbs Fruit Cup Beverage Mom's Meatloaf Garlic Whipped Potatoes Vegetable Blend Wheat Bread 72g Carbs Fruit Cup Beverage Ravioli with Marinara Sauce Old Thyme' Roasted Carrots Herbed Peas 81g Carbs Fresh Fruit Beverage Spanish Paella Seasoned Squash Salad Dinner Roll 67g Carbs Fresh Fruit Beverage Monthly Average Calories: 640.96 calories Protein: 34.78 gm Carbohydrate: 82.86 gm Fat: 19.47 gm (30.37% of calories) Fiber: 8.28 gm Sodium: 920.60 mg	Classic Hamburger Confetti Pasta Salad Garden Vegetable 94g Carbs Fresh Fruit Beverage Peruvian Chicken over Rice Garden Vegetables Seasoned Green Peas 91g Carbs Fresh Fruit Beverage Savory Pepper Steak Veggie Fried Rice Japanese Vegetables 67g Carbs Fruit Cocktail Beverage Capelini Primavera Glazed Carrots Herbed Veggies 77g 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
September 9, 2019	September 10, 2019	September 11, 2019	September 12, 2019
September 16, 2019 Old World Irish Stew Whipped Potatoes Savory Green Beans 68g Carbs Cookie Beverage	September 17, 2019 September 24, 2019 September 30, 2019	September 18, 2019 September 25, 2019	September 13, 2019 September 20, 2019 September 27, 2019
HomeStyle Crumb Pollock Rice Pilaf Green Veggies 94g Carbs Strawberry Delight Beverage	Deluxe Egg Salad Italian Pasta Salad Dinner Roll 72g Carbs Fruit Cocktail Beverage Tasty Chimichanga Abuela's Calabacitas Peach Cobbler 85g Carbs Beverage Joe's Fish Sandwich Confetti Pasta Salad Garden Vegetables 103g Carbs Fruit Cup Beverage	Tasty Chimichanga Abuela's Calabacitas Peach Cobbler 85g Carbs Beverage Joe's Fish Sandwich Confetti Pasta Salad Garden Vegetables 103g Carbs Fruit Cup Beverage	Tasty Chimichanga Abuela's Calabacitas Peach Cobbler 85g Carbs Beverage Joe's Fish Sandwich Confetti Pasta Salad Garden Vegetables 103g Carbs Fruit Cup Beverage
Menu Approved by Marycela Barron, RD, LD License #DT85141 (expires 01/03/2020)			
Holiday Meal Frozen Meals Comments			
We will be closed on Monday, September 2, 2019 for Labor Day. The holiday meals will be delivered on Friday, August 30, FROZEN MEAL entrees are prepared separately and will not be the same as the "Hot Meals" above. The amount of carbohydrates listed includes entrée, sides, fruit or dessert, and a carton of milk. Tip: if following a diabetic			
Contact Phone Number: 735-5115 If you need to cancel your meal, please call the office at 735-5115			