

MEALS ON WHEELS and MORE...AUSTIN, TX. MARCH 2008 (REGULAR MENU)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
*Due to unavailability of certain items, appropriate substitutions may need to be made.	**Milk is served every meal. Magarine is served every meal unless that meal is a sandwich.				Ham & White Beans (#12) Roasted Swt Potatoes Broccoli/Cauliflower Wheat Roll Apple Juice Cal: 674 1
Lemon Pepper Chicken Country Corn Tangy Spinach Wheat Bread Fresh Fruit Cal: 630 3	Sausage on a Bun Ranch Beans Broccoli/Red Pepper Cranberry Juice Mustard Cal: 753 4	Grilled Beef Fingers w/Gravy Cheese Whip Potatoes Squash & Tomatoes Cornbread Lemon Pudding Cal: 966 5	Trky Ham Mac & Cheese Green Peas Orange Carrots Dinner Roll Banana Cal: 742 6	Fiesta Burrito Mexican Rice Mixed Vegetables Wheat Bread Orange Juice Taco Sauce Cal: 841 7	BBQ Chicken Rib (#16) Sweet Potato Patty Green Bean Casserole Wheat Roll Cranberry Juice Cal: 711 8
Creole Steak Garlic Whip Potatoes Broccoli Wheat Bread Fresh Fruit Cal: 684 10	Baked Turkey Ham Black-eyed Peas Mixed Greens Cornbread Banana Cal: 673 11	Chicken w/Tomato Basil Sauce Brown Rice Brussel Sprouts Wheat Bread Chocolate Pudding Cal: 720 12	Sloppy Joe Tossed Salad w/Dressing Green Beans Bun Apple Crisp Cal: 832 13	Breaded Fish w/Tarter Sauce Macaroni & Cheese Cabbage/Carrots Wheat Bread Grape/Apple Juice Cal: 842 14	Oven Fried Chick (#50) Broccoli Corn Wheat Roll Pineapple Juice Cal: 654 15
Brunswick Stew Parslied Rice Brussel Sprts/Chz Rye Bread Lime Pears Cal: 758 St. Patrick's Day 17	Baked Chicken w/Gravy Cranberry Glaze Yams French Green Beans Dinner Roll Tropical Fruit Cal: 654 18	BBQ Rib Patty Baked Beans Turnip Greens Cornbread Fresh Fruit Cal: 804 19	Glazed Turkey Ham Scalloped Potatoes Capri Vegetables Texas Bread Ambrosia Salad Cal: 689 Easter 20	Lemon Pepper Fish Whipped Potatoes Mixed Vegetables Wheat Bread Apple Juice Tarter Sauce Cal: 789 21	Sausage w/Beans & Rice (#20) Cabbage Carrots Wheat Roll Grape/Apple Juice Cal: 729 22
Meatballs w/Spag. Sauce Spaghetti California Vegetables Dinner Roll Fresh Fruit Cal: 735 24	Turkey w/Gravy Cornbread Dressing Green Beans Wheat Bread Orange Cal: 628 25	Chicken Fiesta Cass. Parslied Carrots Tossed Salad w/Dressing Mexican Cornbread Hot Spiced Apples Cal: 863 26	Grilled Pork w/Mushrms Whipped Potatoes Green Peas Texas Bread Cherry Gel w/Peaches Cal: 812 27	Breaded Catfish Okra & Tomatoes Broccoli Wheat Bread Grape/Apple Juice Tarter Sauce Cal: 640 Upgrade Menu 28	Roast Beef (#58) Diced Potatoes Green Peas Wheat Roll Orange Juice Cal: 606 29

10/31/07

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