

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	*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.	Turkey & Swiss Sandwich on Wheat Lettuce/Tomato California Salad Fresh Fruit Mayo Cal: 652 COLD MEAL 1	Lemon Pepper Fish Cheesy Rice Green Peas Wheat Bread Pineapple Juice Catsup Cal: 787 2	Pancake & Sausage (#73) Diced Potatoes Applesauce Wheat Roll Grape/Apple Juice Cal: 739 3	Lasagna Casserole (#21) Squash & Zucchini Brussel Sprouts Wheat Roll Grape Juice Cal: 688 4
Salisbury Beef w/Gravy Whipped Potatoes Green Beans Wheat Bread Fresh Fruit Cal: 680 5	Smothered Chicken Corn Broccoli Dinner Roll Marble Pudding Cal: 770 6	Beef Taco Meat w/Cheese Pinto Beans Lettuce/Tomato Tortilla Tropical Fruit Crisp Cal: 977 7	Baked Turkey Ham Black-eyed Peas Spinach Cornbread Orange Cal: 616 8	Apricot Chicken Rstd Sweet Potatoes Peas & Carrots Dinner Roll Cookies & Crm Cake Cal: 1025 MOTHER'S DAY 9	Meatloaf w/Tomato Gravy (#23) Rutabagas Lima Beans Wheat Roll Orange/Pineapple Juice Cal: 528 10	Baked Chicken (#36) Broccoli Black-eyed Peas Wheat Roll Grape Juice Cal: 720 11
Cheese Enchiladas w/Sauce Black Beans Fiesta Vegetables Wheat Bread Fresh Fruit Cal: 729 12	Hamburger on a Bun Crispy Cube Potatoes Lettuce/Tomato Hot P'apple Tidbits Catsup Cal: 712 13	Grilled Pork w/Onion Gravy Sweet Potato Cass. Collard Greens Cornbread Fresh Fruit Cal: 889 14	Sesame Chicken Brown Rice French Green Beans Dinner Roll Cranberry Juice Cal: 649 15	Tuna Mac Salad Green Pea Salad Beet Salad Wheat Bread Grape/Apple Juice Cal: 679 COLD MEAL 16	Jack Cheese Omelet (#67) Hashbrowns Spiced Apples Wheat Roll Orange Juice Cal: 578 17	Breaded Pork w/Gravy (#10) Spinach Rutabagas Wheat Roll Grape/Apple Juice Cal: 925 18
Meatballs w/Gravy Rice Mixed Vegetables Wheat Bread Fresh Fruit Cal: 723 19	Scalloped Chicken Stewed Tomatoes Cabbage/Carrots Wheat Roll Chocolate Cake Cal: 721 20	Meatloaf w/Onion Gravy Garlic Whip Potatoes Turnip Greens Cornbread Banana Cal: 790 21	Chicken Cacciatore Rotini Alfredo/Broc Tossed Salad w/Dressing Dinner Roll Hot Spiced Peaches Cal: 770 22	BBQ Rib Patty on a Bun Baked Beans Brussel Sprouts Apple Juice Cal: 707 23	Oven Fried Chicken (#50) Broccoli Corn Wheat Roll Grape/Apple Juice Cal: 649 24	Breaded Fish (#44) Rosemary Potatoes Italian Vegetables Wheat Roll Orange/Pineapple Jce Cal: 528 25
Sausage Pizza (#24) Broccoli Corn Wheat Roll Grape/Apple Juice Cal: 755 26	Turkey w/Gravy Cornbread Dressing Mustard Greens Dinner Roll Cranberry Juice Cal: 631 27	Pork Chop w/Gravy Cut Yams Green Beans w/Pep Wheat Bread Rice Pudding Cal: 787 UPGRADE 28	Country Fried Steak w/Gravy Whipped Potatoes Okra & Tomatoes Cornbread Fresh Fruit Cal: 873 29	Margarita Chicken Black Beans Broccoli w/Cheese Wheat Bread Grape/Apple Juice Cal: 702 30	M'ball/Spag. Sauce (#65) Spaghetti Noodles Green Beans Wheat Roll Grape Juice Cal: 776 31	Teriyaki Chicken (#52) Sweet Potato Cass. Brussel Sprouts Wheat Roll Orange Juice Cal: 628 1