

FORT BEND SENIORS - MEALS ON WHEELS

September 2021

If you **WILL NOT** be home on your **Delivery day** Please call our office No Later than the Business Day **Before by 11am to 281-633-7049**



Wednesday 9/1/2021	Thursday 9/2/2021	Friday 9/3/2021
Turkey Breast with Gravy* Black-Eyed Peas Broccoli Texas Bread Fruited Cherry Gelatin Milk 632 Calories 1328mg Sodium	Sloppy Joe Seasoned Cubed Potatoes Dilled Carrots Hamburger Bun Fresh Banana Milk 639 Calories 1626mg Sodium	BBQ Chicken Ranch Beans Coleslaw Dinner Roll Peach Cobbler Milk 805 Calories 1022mg Sodium

Monday 9/6/2021	Tuesday 9/7/2021	Wednesday 9/8/2021	Thursday 9/9/2021	Friday 9/10/2021
Closed for Labor Day	Beef Shepherd's Pie Diced Beets Broccoli Wheat Bread Sugar Cookie Milk 726 Calories 2131mg Sodium	Chicken Taco Charro Beans Fiesta Vegetables Flour Tortilla Fresh Fruit Milk Taco Sauce 617 Calories 888mg Sodium	Pineapple Glazed Ham+ Lima Beans Okra and Tomatoes Cornbread Fresh Fruit Milk Margarine 670 Calories 832mg Sodium	King Ranch Chicken Casserole Parslied Rice Green Beans Saltine Crackers Fruited Lime Gelatin Milk 655 Calories 950mg Sodium

Monday 9/13/2021	Tuesday 9/14/2021	Wednesday 9/15/2021	Thursday 9/16/2021	Friday 9/17/2021
Swiss Steak Whipped Potatoes Lemon Zest Broccoli Wheat Bread Fresh Fruit Milk 608 Calories 561mg Sodium	Turkey Noodle Casserole* Squash Medley Cabbage Texas Bread Fresh Orange Milk 647 Calories 573mg Sodium	Fish Sticks Herbed Green Peas Glazed Carrots Wheat Bread Oatmeal Raisin Cookie Milk 709 Calories 967mg Sodium	Chicken Shawarma# Rice Florentine Green Beans with Onions Texas Bread Fresh Banana Milk 602 Calories 861mg Sodium	Smoked Sausage*+ Ranch Beans Country Tomatoes Hot Dog Bun Graham Crackers Milk Mustard 632 Calories 1481mg Sodium

Monday 9/20/2021	Tuesday 9/21/2021	Wednesday 9/22/2021	Thursday 9/23/2021	Friday 9/24/2021
Coconut Chicken Jasmine Rice Japanese Vegetables Texas Bread Fresh Fruit Milk 630 Calories 812mg Sodium	Hamburger Patty Shredded Lettuce/Pickles Baked Beans Hamburger Bun Hot Cinnamon Applesauce Milk Mustard and Ketchup 644 Calories 907mg Sodium	Turkey Spaghetti* Cauliflower Sliced Carrots Wheat Bread Fruited Lemon Gelatin Milk 652 Calories 921mg Sodium	Beef Chili with Beans Whole Kernel Corn Spinach Cornbread Nuttty Buddy Bar Milk Margarine 785 Calories 1298mg Sodium	Closed for Fort Bend County Fair Day

Monday 9/27/2021	Tuesday 9/28/2021	Wednesday 9/29/2021	Thursday 9/30/2021	
Meatloaf Brown Gravy Garlic Whipped Potatoes Mixed Vegetables Wheat Bread Fresh Fruit Milk 715 Calories 870mg Sodium	Breaded Chicken Patty Mushroom Farro Risotto# Stewed Tomatoes Wheat Bread Fresh Fruit Milk 633 Calories 1127mg Sodium	Turkey Gumbo* Cajun Rice Green Beans Saltine Crackers Oatmeal Cream Cookie Milk 675 Calories 627mg Sodium	Beef Stroganoff Broccoli Parslied Carrots Dinner Roll Lemon Berry Pudding# Milk 710 Calories 1317mg Sodium	* - Turkey + - Pork # - New Menu Item

Sarah Hutsler, RD, LD
Sarah Hutsler, RD, LD #DT81463

FORT BEND SENIORS - MEALS ON WHEELS

2021 DE Septiembre

Si **No** estara en casa el **dia del la entrega**, Llame a nuestra oficina a
mas tardar el dia habil anterior a las 11am para **281-633-7049**



Miercoles 9/1/2021	Jueves 9/2/2021	Viernes 9/3/2021
Turkey Breast with Gravy* Black-Eyed Peas Broccoli Texas Bread Fruited Cherry Gelatin Milk <i>632 Calories 1328mg Sodium</i>	Sloppy Joe Seasoned Cubed Potatoes Dilled Carrots Hamburger Bun Fresh Banana Milk <i>639 Calories 1626mg Sodium</i>	BBQ Chicken Ranch Beans Coleslaw Dinner Roll Peach Cobbler Milk <i>805 Calories 1022mg Sodium</i>

Lunes 9/6/2021	Martes 9/7/2021	Miercoles 9/8/2021	Jueves 9/9/2021	Viernes 9/10/2021
Cerrado por el Día del Trabajo	Beef Shepherd's Pie Diced Beets Broccoli Wheat Bread Sugar Cookie Milk <i>726 Calories 2131mg Sodium</i>	Chicken Taco Charro Beans Fiesta Vegetables Flour Tortilla Fresh Fruit Milk Taco Sauce <i>617 Calories 888mg Sodium</i>	Pineapple Glazed Ham+ Lima Beans Okra and Tomatoes Cornbread Fresh Fruit Milk Margarine <i>670 Calories 832mg Sodium</i>	King Ranch Chicken Casserole Parslied Rice Green Beans Saltine Crackers Fruited Lime Gelatin Milk <i>655 Calories 950mg Sodium</i>

Lunes 9/13/2021	Martes 9/14/2021	Miercoles 9/15/2021	Jueves 9/16/2021	Viernes 9/17/2021
Swiss Steak Whipped Potatoes Lemon Zest Broccoli Wheat Bread Fresh Fruit Milk <i>608 Calories 561mg Sodium</i>	Turkey Noodle Casserole* Squash Medley Cabbage Texas Bread Fresh Orange Milk <i>647 Calories 573mg Sodium</i>	Fish Sticks Herbed Green Peas Glazed Carrots Wheat Bread Oatmeal Raisin Cookie Milk <i>709 Calories 967mg Sodium</i>	Chicken Shawarma# Rice Florentine Green Beans with Onions Texas Bread Fresh Banana Milk <i>602 Calories 861mg Sodium</i>	Smoked Sausage*+ Ranch Beans Country Tomatoes Hot Dog Bun Graham Crackers Milk Mustard <i>632 Calories 1481mg Sodium</i>

Lunes 9/20/2021	Martes 9/21/2021	Miercoles 9/22/2021	Jueves 9/23/2021	Viernes 9/24/2021
Coconut Chicken Jasmine Rice Japanese Vegetables Texas Bread Fresh Fruit Milk <i>630 Calories 812mg Sodium</i>	Hamburger Patty Shredded Lettuce/Pickles Baked Beans Hamburger Bun Hot Cinnamon Applesauce Milk <i>Mustard and Ketchup</i> <i>644 Calories 907mg Sodium</i>	Turkey Spaghetti* Cauliflower Sliced Carrots Wheat Bread Fruited Lemon Gelatin Milk <i>652 Calories 921mg Sodium</i>	Beef Chili with Beans Whole Kernel Corn Spinach Cornbread Nutty Buddy Bar Milk <i>Margarine</i> <i>785 Calories 1298mg Sodium</i>	Cerrado por el Día de la Feria del Condado de Fort Bend

Lunes 9/27/2021	Martes 9/28/2021	Miercoles 9/29/2021	Jueves 9/30/2021	
Meatloaf Brown Gravy Garlic Whipped Potatoes Mixed Vegetables Wheat Bread Fresh Fruit Milk <i>715 Calories 870mg Sodium</i>	Breaded Chicken Patty Mushroom Farro Risotto# Stewed Tomatoes Wheat Bread Fresh Fruit Milk <i>633 Calories 1127mg Sodium</i>	Turkey Gumbo* Cajun Rice Green Beans Saltine Crackers Oatmeal Cream Cookie Milk <i>675 Calories 627mg Sodium</i>	Beef Stroganoff Broccoli Parslied Carrots Dinner Roll Lemon Berry Pudding# Milk <i>710 Calories 1317mg Sodium</i>	* - Turkey + - Pork # - New Menu Item

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