

Meals on Wheels, Inc. of Tarrant County August 2022 Lunch Menu

Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
<p>Menu A: Curried Chicken (651 cal/ 95 carbs/ 478 Na)</p> <p>Menu B: Lemony Chickpea Stir Fry (646 cal/ 100 carbs/ 474 Na)</p> <p>Side Items: Jasmine Rice Squash Medley Multigrain Bread</p> <p>Dessert: Fresh Fruit</p>	<p>Menu A: Hamburger (729 cal/ 94 carbs/ 941 Na)</p> <p>Menu B: Lentil Sloppy Joe (731 cal/ 127 carbs/ 984 Na)</p> <p>Side Items: Green Beans Macaroni and Cheese Wheat Bun</p> <p>Dessert: Fruited Cherry Gelatin</p>	<p>Menu A: Chicken and Dumplings (762 cal/ 104 carbs/ 1253 Na)</p> <p>Menu B: Vegetable Cajun Gumbo (786 cal/ 134 carbs/ 772 Na)</p> <p>Side Items: Mixed Vegetables Creole Tomatoes Texas Bread</p> <p>Dessert: Nutty Buddy Bar</p>	<p>Menu A: Mexican Picadillo (848 cal/ 119 carbs/ 899 Na)</p> <p>Menu B: Zucchini and Black Bean Taco (884 cal/ 131 carbs/ 727 Na)</p> <p>Side Items: Fiesta Vegetables Lettuce, Tomato and Cheese Wheat Tortilla</p> <p>Dessert: Peach Cobbler</p>	<p>Menu A: Pimento Cheese (805 cal/ 87 carbs/ 1270 Na)</p> <p>Menu B: Classic Tuna Salad (655 cal/ 85 carbs/ 1161 Na)</p> <p>Side Items: Three Bean Medley Green Pea Salad Crackers</p> <p>Dessert: Fresh Fruit</p>
8	9	10	11	12
<p>Menu A: Turkey Swiss Melt (611 Cal/ 68 carbs/ 860 Na)</p> <p>Menu B: Spinach Macaroni and Cheese (841 Cal/ 101 carbs/ 773 Na)</p> <p>Side Items: Roasted Broccoli Sliced Carrots Wheat Bread</p> <p>Dessert: Fudge Cream Cookie</p>	<p>Menu A: Homemade Meatloaf (899 cal/ 129 carbs/ 1326 Na)</p> <p>Menu B: Eggplant Parmesan (851 cal/ 138 carbs/ 1440 Na)</p> <p>Side Items: Garlic Mashed Potatoes Green Bean Salad Texas Bread</p> <p>Dessert: Peach Cobbler</p>	<p>Menu A: Chicken Fajita (839 cal/ 113 carbs/ 1116 Na)</p> <p>Menu B: Vegetable Paella (787 cal/ 135 carbs/ 1231 Na)</p> <p>Side Items: Cilantro Lime Corn Simmered Black Beans Wheat Tortilla</p> <p>Dessert: Fruited Gelatin</p>	<p>Menu A: Stuffed Bell Pepper Casserole (850 cal/ 118 carbs/ 1210 Na)</p> <p>Menu B: Chilaquiles Casserole (825 cal/ 123 carbs/ 1112 Na)</p> <p>Side Items: Baby Carrots Whole Kernel Corn Texas Bread</p> <p>Dessert: Cinnamon Sugar Cookie</p>	<p>Menu A: Yogurt Dill Chicken Salad (602 cal/ 87 carbs/ 878 Na)</p> <p>Menu B: Egg Salad (676 cal/ 90 carbs/ 876 Na)</p> <p>Side Items: Broccoli Slaw Beet Salad Wheat Bread</p> <p>Dessert: Fresh Banana</p>
15	16	17	18	19
<p>Menu A: Chicken, Rice, and Vegetable Casserole (852 cal/ 130 carbs/ 1034 Na)</p> <p>Menu B: Seven Vegetable Couscous (662 cal/ 114 carbs/ 723 Na)</p> <p>Side Items: Seasoned Spinach Squash Medley Texas Bread</p> <p>Dessert: Animal Crackers</p>	<p>Menu A: Hamburger on a Bun (719 cal/ 103 carbs/ 835 Na)</p> <p>Menu B: Gardenburger on a Bun (643 cal/ 124 carbs/ 1096 Na)</p> <p>Side Items: Ranch Roasted Potatoes Whole Kernel Corn Wheat Bun</p> <p>Dessert: Cherry Gelatin</p>	<p>Menu A: Tuscan Chicken (630 cal/ 82 carbs/ 995 Na)</p> <p>Menu B: Vegetable Lasagna (709 cal/ 109 carbs/ 946 Na)</p> <p>Side Items: California Blend Vegetables Mixed Greens Texas Bread</p> <p>Dessert: Chocolate Chip Cookie</p>	<p>Menu A: Turkey Tetrazzini (723 cal/ 94 carbs/ 717 Na)</p> <p>Menu B: Three Cheese Baked Ziti (773 cal/ 104 carbs/ 1018 Na)</p> <p>Side Items: Herbed Green Beans Buttered Carrots Wheat Bread</p> <p>Dessert: Tapioca Pudding</p>	<p>Menu A: Beef Soft Taco (777 cal/ 93 carbs/ 478 Na)</p> <p>Menu B: Breaded Fish Taco (890 cal/ 120 carbs/ 1381 Na)</p> <p>Side Items: Yellow Rice Tangy Slaw Wheat Tortilla</p> <p>Dessert: Apple Cobbler</p>

Meals on Wheels, Inc. of Tarrant County August 2022 Lunch Menu

Mon	Tue	Wed	Thu	Fri
22	23	24	25	26
<p>Menu A: Diced Turkey and Wild Rice Casserole (829 cal/ 112 carbs/ 896 Na)</p> <p>Menu B: Cheese Tortellini with Garlic Butter Sauce (870 cal/ 139 carbs/ 1062 Na)</p> <p>Side Items: Roasted Brussel Sprouts Green Pea Salad Texas Bread</p> <p>Dessert: Blueberry Cobbler</p>	<p>Menu A: Beef Pasta Bolognese</p> <p>Menu B: Cheese Ravioli with Tomato Alfredo Sauce</p> <p>Side Items: Green Beans Roasted Cauliflower Wheat Bread</p> <p>Dessert: Oatmeal Cream Cookie</p>	<p>Menu A: Honey Garlic Chicken Breast (734 cal/ 124 carbs/ 681 Na)</p> <p>Menu B: Cheesy Baked Potato Half (697 cal/ 131 carbs/ 798 Na)</p> <p>Side Items: Seasoned Lentils Steamed Broccoli Texas Bread</p> <p>Dessert: Fresh Fruit</p>	<p>Menu A: Homemade Meatloaf (720 cal/ 96 carbs/ 884 Na)</p> <p>Menu B: Vegetable Pot Pie (661 cal/ 105 carbs/ 882 Na)</p> <p>Side Items: Whipped Potatoes Capri Mixed Vegetables Wheat Bread</p> <p>Dessert: Oreo Cookies</p>	<p>Menu A: Cranberry Chicken Salad (694 cal/ 93 carbs/ 1308 Na)</p> <p>Menu B: Seafood Macaroni Salad (684 cal/ 93 carbs/ 1126 Na)</p> <p>Side Items: Marinated Cucumber Salad Carrot Raisin Salad Wheat Bread</p> <p>Dessert: Carrot Cake</p>
29	30	31		
<p>Menu A: Chicken Cacciatore (624 cal/ 79 carbs/ 757 Na)</p> <p>Menu B: Tomato Basil Pasta with Mozzarella (780 cal/ 121 carbs/ 992 Na)</p> <p>Side Items: Roasted Parmesan Cauliflower Whole Kernel Corn Wheat Bread</p> <p>Dessert: Carnival Cookie</p>	<p>Menu A: Hamburger (782 cal/ 105 carbs/ 709 Na)</p> <p>Menu B: Gardenburger (706 cal/ 126 carbs/ 970 Na)</p> <p>Side Items: Ranch Beans Lettuce and Tomato Wheat Bun</p> <p>Dessert: Peach Cobbler</p>	<p>Menu A: Apricot Glazed Turkey (645 cal/ 114 carbs/ 1018 Na)</p> <p>Menu B: Sweet Potato and Black Bean Casserole (788 kcal/ 132 carbs/ 1341 Na)</p> <p>Side Items: Herbed Rice Mixed Vegetables Wheat Bread</p> <p>Dessert: Fresh Fruit</p>		

