



# Meals on Wheels of Erath County

June 2018

-  Meal ≥ 1000mg Sodium
- \* - Notates soy containing items ≤ 6.5% total volume
- # New Menu Item
-  Vegetarian Entrée



Friday 6/1/2018
Turkey Pot Pie Cauliflower Green Beans Whole Wheat Bread Chocolate Chip Cookie Milk Diet - Cookie Cal: 648 19.3gm Fat

Monday 6/4/2018	Tuesday 6/5/2018	Wednesday 6/6/2018	Thursday 6/7/2018	Friday 6/8/2018
Three Cheese Ziti  Parslied Carrots Scalloped Tomatoes Whole Wheat Breadstick Fudge Cream Cookie Milk Diet - Same Cal: 795 27.5gm Fat	Sausage Jambalaya# Squash Medley Green Beans Saltine Crackers Caramel Vanilla Pudding# Milk Diet - Vanilla Pudding Cal: 655 19.4gm Fat	Swiss Steak* Oven Roasted Potatoes Mixed Vegetables Whole Wheat Bread Fresh Banana Milk Diet - Same Cal: 668 20.7gm Fat	Turkey Breast with Gravy Succotash Medley Cabbage Cornbread Grape Juice Milk Diet - Same Cal: 608 15.8gm Fat	Hamburger Patty* Lettuce/Tomato/Onion Baked Beans Hamburger Bun Peach Cobbler Milk Mayonnaise and Mustard Diet - Pineapple Tidbits Cal: 925 33.3gm Fat
Monday 6/11/2018	Tuesday 6/12/2018	Wednesday 6/13/2018	Thursday 6/14/2018	Friday 6/15/2018
Sausage with Red Beans Cajun Rice Spinach Saltine Crackers Oatmeal Cream Cookie Milk Diet - Same Cal: 722 18.6gm Fat	Sloppy Joe Tater Gems Summer Vegetables Hamburger Bun Banana Pudding Milk Diet - Vanilla Pudding Cal: 895 30.6gm Fat	Oven Fried Chicken Thigh Macaroni and Cheese Country Vegetables Whole Wheat Bread Fruited Lemon Gelatin Milk Diet - Fruited Gelatin Cal: 877 32.0gm Fat	Tuna Salad Pasta Salad Cold Pickled Beets Saltine Crackers Fresh Banana Milk Diet - Same Cal: 622 10.1gm Fat	Turkey Pasta Bolognese# Tossed Salad Herbed Green Beans Dinner Roll Apple Cobbler Milk Ranch Salad Dressing Diet - Spiced Pears Cal: 814 25.9gm Fat
Monday 6/18/2018	Tuesday 6/19/2018	Wednesday 6/20/2018	Thursday 6/21/2018	Friday 6/22/2018
<b>Father's Day</b> Country Fried Steak* Country Gravy Whipped Potatoes Catalina Vegetables Dinner Roll Nuttu Buddy Bar Milk Diet - Same Cal: 797 20.3gm Fat	<b>Juneteenth</b> BBQ Chicken Patty Coleslaw Baked Beans Dinner Roll Peach Cobbler Milk Diet - Spiced Pears Cal: 854 20.0gm Fat	Cheese Omelet  Parslied Potatoes Spinach Whole Wheat Bread Fresh Banana Milk Picante Sauce Diet - Same Cal: 608 20.0gm Fat	Turkey Noodle Casserole Sliced Carrots Cauliflower Dinner Roll Fruited Strawberry Gelatin Milk Diet - Fruited Gelatin Cal: 676 12.1gm Fat	Chicken Quesadilla Casserole Mexican Rice Green Beans with Onions Saltine Crackers Fudge Cream Cookie Milk Diet - Same Cal: 676 18.0gm Fat
Monday 6/25/2018	Tuesday 6/26/2018	Wednesday 6/27/2018	Thursday 6/28/2018	Friday 6/29/2018
Swedish Chicken Meatballs#* Macaroni and Cheese Country Tomatoes Whole Wheat Bread Fig Bar Milk Diet - Same Cal: 766 27.8gm Fat	10 Grain Pollock Dirty Rice Mixed Vegetables Dinner Roll Chocolate Chip Pudding Milk Tartar Sauce Diet - Chocolate Pudding Cal: 840 27.3gm Fat	Pork Carnitas Lettuce/Tomato/Onion Pinto Beans Flour Tortilla Cranapple Cobbler Milk Taco Sauce Diet - Applesauce Cal: 722 15.1gm Fat	Balsamic Brown Sugar Chicken Breast# Penne Pasta Parslied Carrots Whole Wheat Bread Fresh Fruit Milk Diet - Same Cal: 636 9.3gm Fat	Turkey Pastrami Swiss Cheese Lettuce and Tomato Potato Salad Whole Wheat Bread (2) Strawberry Shortcake Cookie Milk Mustard Diet - Cookie Cal: 739 25.4gm Fat



Sarah Hutsler, RD, LD  
Sarah Hutsler, RD, LD #DT81463 1/19/18



# Erath County Vegetarian June 2018

**Cycle 2, 2018**

Monday	Tuesday	Wednesday	Thursday	Friday
				Vegetable Lasagna Cauliflower Green Beans Whole Wheat Bread Chocolate Chip Cookie Milk Diet . Cookie <span style="float: right;">1</span>
Three Cheese Ziti Parslied Carrots Scalloped Tomatoes Whole Wheat Breadstick Fudge Cream Cookie Milk Diet . Same <span style="float: right;">4</span>	Bean Tamale Pie Squash Medley Green Beans Saltine Crackers Caramel Vanilla Pudding Milk Diet . Vanilla Pudding <span style="float: right;">5</span>	Cheese Omelet Oven Roasted Potatoes Mixed Vegetables Whole Wheat Bread Fresh Banana Milk Diet . Same <span style="float: right;">6</span>	Lentil Stew Succotash Medley Cabbage Cornbread Fresh Fruit Milk Diet . Same <span style="float: right;">7</span>	Black Bean Burger Lettuce/Tomato/Onion Baked Beans Hamburger Bun Peach Cobbler Milk Mayonnaise and Mustard Diet . Pineapple Tidbits <span style="float: right;">8</span>
White Bean Chili Cajun Rice Spinach Saltine Crackers Oatmeal Cream Cookie Milk Diet . Same <span style="float: right;">11</span>	Vegetarian Sloppy Joe Tater Gems Summer Vegetables Hamburger Bun Banana Pudding Milk Diet . Vanilla Pudding <span style="float: right;">12</span>	Macaroni and Cheese Country Vegetables Cauliflower Whole Wheat Bread Fruited Lemon Gelatin Milk Diet . Fruited Gelatin <span style="float: right;">13</span>	Egg Salad Pasta Salad Cold Pickled Beets Saltine Crackers Fresh Banana Milk Diet . Same <span style="float: right;">14</span>	Spaghetti Torte Tossed Salad Herbed Green Beans Dinner Roll Apple Cobbler Milk Ranch Salad Dressing Diet . Spiced Pears <span style="float: right;">15</span>
<b>Father's Day</b> Broccoli and Spinach Quiche Whipped Potatoes Catalina Vegetables Dinner Roll Nutty Buddy Bar Milk Diet . Same <span style="float: right;">18</span>	<b>Juneteenth</b> BBQ Gardenburger Coleslaw Baked Beans Dinner Roll Peach Cobbler Milk Diet . Spiced Pears <span style="float: right;">19</span>	Cheese Omelet Parslied Potatoes Spinach Whole Wheat Bread Fresh Banana Milk Picante Sauce Diet . Same <span style="float: right;">20</span>	Italian Shells and Cheese Sliced Carrots Cauliflower Dinner Roll Fruited Strawberry Gelatin Milk Diet . Fruited Gelatin <span style="float: right;">21</span>	Chilaquiles Casserole Mexican Rice Green Beans with Onions Saltine Crackers Fudge Cream Cookie Milk Diet . Same <span style="float: right;">22</span>
Macaroni and Cheese Country Tomatoes Green Beans Whole Wheat Bread Fig Bar Milk Diet . Same <span style="float: right;">25</span>	Fire Roasted Stew Dirty Rice Mixed Vegetables Dinner Roll Chocolate Chip Pudding Milk Diet . Chocolate Pudding <span style="float: right;">26</span>	Vegetarian Taco Lettuce/Tomato/Onion Pinto Beans Flour Tortilla Cranapple Cobbler Milk Taco Sauce Diet . Applesauce <span style="float: right;">27</span>	Eggplant Parmesan Penne Pasta Parslied Carrots Whole Wheat Bread Fresh Fruit Milk Diet . Same <span style="float: right;">28</span>	Cottage Cheese Pineapple Tidbits Potato Salad Saltine Crackers Strawberry Shortcake Cookie Milk Diet . Cookie <span style="float: right;">29</span>