

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

Mon	Tue	Wed	Thu	Fri
				<p>1</p> <p>Menu A: Turkey Pot Pie (690 cal/92 carbs/589 Na) Menu B: Vegetable Pot Pie (640 cal/110 carbs/848 Na) Side Items: Mixed Greens Butternut Squash Wheat Bread Dessert: Brownie</p>
<p>4</p> <p>Menu A: Turkey Swiss Melt (611 cal/68 carbs/860 Na) Menu B: Spinach Macaroni and Cheese (841 cal/101 carbs/773 Na) Side Items: Roasted Broccoli Sliced Carrots Wheat Bread Dessert: Fudge Cream Cookie</p>	<p>5</p> <p>Menu A: Homemade Meatloaf (899 cal/129 carbs/1326 Na) Menu B: Eggplant Parmesan (851 Cal/138 carbs/1440 Na) Side Items: Garlic Mashed Potatoes, Green Beans Texas Bread Dessert: Peach Cobbler</p>	<p>6</p> <p>Menu A: Chicken Fajita (839 cal/113 carbs/1116 Na) Menu B: Vegetable Paella (787 cal/135 carbs/1231 Na) Side Items: Cilantro Lime Corn Simmered Black Beans Wheat Tortilla Dessert: Fruited Gelatin</p>	<p>7</p> <p>Menu A: Stuffed Bell Pepper Casserole (850 cal/118 carbs/1210 Na) Menu B: Chilaquiles Casserole (825 cal/123 carbs/ 1112 Na) Side Items: Baby Carrots Whole Kernel Corn Texas Bread Dessert: Cinnamon Sugar Cookie</p>	<p>8</p> <p>Menu A: Yogurt Dill Chicken Salad (602 cal/87 carbs/878 Na) Menu B: Egg Salad (676 cal/ 90 carbs/876 Na) Side Items: Broccoli Slaw Beet Salad Wheat Bread Dessert: Fresh Banana</p>
<p>11</p> <p>Menu A: Chicken, rice, vegetables casserole (852 cal/130 carbs/1034 Na) Menu B: Seven Vegetable Couscous (662 cal/114 carbs/723 Na) Side Items: Seasoned Spinach Squash Medley Texas Bread Dessert: Animal Crackers</p>	<p>12</p> <p>Menu A: Hamburger on a Bun (719 cal/103 carbs/835 Na) Menu B: Gardenburger on a Bun (643 cal/124 carbs/1096 Na) Side Items: Ranch Roasted Potatoes Whole Kernel Corn Wheat Bun Dessert: Cherry Gelatin</p>	<p>13</p> <p>Menu A: Tuscan Chicken (630 cal/82 carbs/995 Na) Menu B: Vegetable Lasagna (709 cal/109 carbs/946 Na) Side Items: California Blend Vegetables Mixed Greens Texas Bread Dessert: Chocolate Chip Cookie</p>	<p>14</p> <p>Menu A: Turkey Tetrazzini (723 cal/94 carbs/717 Na) Menu B: Three Cheese Baked Ziti (773 cal/104 carbs/1018 Na) Side Items: Herbed Green Beans Buttered Carrots Wheat Bread Dessert: Tapioca Pudding</p>	<p>15</p> <p>Menu A: Beef Soft Taco (777 cal/93 carbs/478 Na) Menu B: Breaded Fish Taco (890 cal/120 carbs/1381 Na) Side Items: Yellow rice Tangy Slaw Wheat Tortilla Dessert: Apple Cobbler</p>

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

Mon	Tue	Wed	Thu	Fri
18	19	20	21	22
Menu A: Diced Turkey and Wild Rice Casserole (829 cal/112 carb/896 Na) Menu B: Cheese Tortellini with a Garlic Butter Sauce (870 cal/139 carb/1062 Na) Side Items: Roasted Brussel Sprouts Green Peas Texas Bread Dessert: Blueberry Cobbler	Menu A: Beef Pasta Bolognese (715 cal/86 carb/711 Na) Menu B: Cheese Ravioli with tomato Alfredo Sauce (786 cal/115 carb/869 Na) Side Items: Green Beans Roasted Cauliflower Wheat Bread Dessert: Oatmeal Cream Cookie	Menu A: Honey Garlic Chicken Breast (734 cal/124 carb/681 Na) Menu B: Cheesy Baked Potato (697 cal/131 carb/798 Na) Side Items: Seasoned Lentils Steamed Broccoli Texas Bread Dessert: Fresh fruit	Menu A: Homemade Meatloaf (720 cal/96 carb/884 Na) Menu B: Vegetable Pot Pie (611 cal/105 carb/882 Na) Side Items: Whipped Potatoes Capri Mixed Vegetables Wheat Bread Dessert: Oreo Cookie	Menu A: Cranberry Chicken Salad (694 cal/93 carb/1308 Na) Menu B: Seafood Macaroni Salad (684 cal/93 carb/1126 Na) Side Items: Marinated Cucumber Salad Carrot Raisin Salad Wheat Bread Dessert: Carrot Cake
25	26	27	28	29
Menu A: Chicken Cacciatore (624 cal/79 carb/757 Na) Menu B: Tomato Basil Pasta with Mozzarella (780 cal/121 carb/992 Na) Side Items: Roasted Parmesan Cauliflower Whole Kernel Corn Wheat Bread Dessert: Carnival Cookie	Menu A: Hamburger on a Bun (782 cal/105 carb/709 Na) Menu B: Garden Burger (706 cal/126 carb/970 Na) Side Items: Ranch Beans Lettuce, Tomato, Wheat Bun Dessert: Peach Cobbler	Menu A: Apricot Glazed Turkey (645 cal/114 carb/1018 Na) Menu B: Sweet Potato and Black Bean Casserole (788 cal/132 carb/1341 Na) Side Items: Herbed Rice Mixed Vegetables Wheat Bread Dessert: Fresh fruit	Menu A: Chicken fried Steak (885 cal/117 carb/1309 Na) Menu B: Eggplant Casserole (721 Cals/116 carb/1133 Na) Side Items: Parmesan Noodles California Blend Vegetables Wheat Roll Dessert: Brownie	Menu A: Chicken Spaghetti (664 cal/98 carb/1017 Na) Menu B: Tuna Noodle Casserole (632 cal/98 carb/764 Na) Side items: Sweet Green Peas Sliced Carrots Wheat Bread Dessert: Fresh Banana

