



**HUMAN
SERVICES**



May 2025



MONDAY 4/28/2025	TUESDAY 4/29/2025	WEDNESDAY 4/30/2025	THURSDAY 5/1/2025	FRIDAY 5/2/2025
Sweet and Sour Meatballs [24] over Fluffy Rice [22] ♥ Steamed Dumplings [12]♥ Stir Fry Vegetable Medley [12]♥ <i>Fortune Cookie [4]♥</i> <i>Diced Pears [19] ♥</i> <i>2% Milk [12] ♥</i> 750 calories / 31 g protein	Shepherd's Pie [22] Steamed Broccoli Florets [6]♥ Sweet Corn [20] ♥ <i>Whole Grain Dinner Roll [13]♥</i> <i>Banana [26] ♥</i> <i>2% Milk [12] ♥</i> 720 calories / 38 g protein	Breaded Chicken Piccata[14] Herbed Bow Tie Pasta [20]♥ Normandy Vegetable Medley [7] ♥ <i>Garlic Bread [14] ♥</i> <i>Grapes [21] ♥</i> <i>2% Milk [12] ♥</i> 720 calories / 39 g protein	Sloppy Joe Cornbread Bowl [47] Garden Vegetable Medley [11]♥ Cauliflower Florets [4]♥ <i>Apple Slices [15]♥</i> <i>2% Milk [12] ♥</i> 715 calories / 31 g protein	FIESTA SAN JACINTO - HEAL HOLIDAY Cheese Enchiladas [32] Cilantro Lime Rice [25]♥ Refried Beans [21]♥ <i>Orange [17] ♥</i> <i>2% Milk [12] ♥</i> 720 calories / 39 g protein
BBQ Beef Brisket [11] Rosemary Roasted Potatoes [19] ♥ Seasoned Green Beans[7] ♥ <i>Sliced Wheat Bread [14] ♥</i> <i>Diced Peaches [14] ♥</i> <i>2% Milk [12] ♥</i> 665 calories / 35 g protein	Chicken Parmigiana [19] Buttered Penne Pasta [22] ♥ Normandy Vegetable Medley [7] ♥ <i>Whole Grain Dinner Roll [13] ♥</i> <i>Apple Slices [8]♥</i> <i>2% Milk [12] ♥</i> 645 calories / 42 g protein	Beef Tamales [24] Spanish Rice [25]♥ Zesty Black Beans [21] <i>Mild Salsa [5]</i> <i>Orange [17]♥</i> <i>2% Milk [12] ♥</i> 675 calories / 32 g protein	Baked Chicken Tenders [16] Macaroni & Cheese [24]♥ Mixed Vegetable Medley [13] ♥ <i>Ketchup [6] ♥</i> <i>Grapes [15] ♥</i> <i>2% Milk [12] ♥</i> 695 calories / 43 g protein	Savory Salisbury Steak [7] Herbed Rice Pilaf [23] ♥ Garlicky Peas & Carrots [10] ♥ <i>Whole Grain Dinner Roll [13] ♥</i> <i>Banana [26] ♥</i> <i>2% Milk [12] ♥</i> 635 calories / 30 g protein
Turkey Chili Cornbread Bowl [44] Mixed Vegetable Medley [13] ♥ Cauliflower Florets [4] ♥ <i>Mixed Fruit [16] ♥</i> <i>2% Milk [12] ♥</i> 640 calories / 35 g protein	Teriyaki Beef & Broccoli [9] over Steamed Brown Rice [22] ♥ Vegetable Spring Rolls [13] Gingered Carrots[8] ♥ <i>Fortune Cookie [4]♥</i> <i>Grapes [15]♥</i> <i>2% Milk [12] ♥</i> 620 calories / 36 g protein	Chicken Fried Chicken [15] Garlic Mashed Potatoes [17] ♥ Southern Style Okra [9]♥ <i>Buttermilk Biscuit [27]</i> <i>Apple Slices [8]♥</i> <i>2% Milk [12] ♥</i> 710 calories / 36 g protein	Beef Stroganoff [17] Italian Veggie Medley[11] ♥ Herbed Green Peas [12] ♥ <i>Whole Grain Roll [13]♥</i> <i>Banana [26] ♥</i> <i>2% Milk [12] ♥</i> 650 calories / 43 g protein	Black Bean Burger w/ Cheese [17] Roasted Sweet Potatoes [14] ♥ Winter Veggie Medley [7] ♥ WG Hamburger Bun [23] <i>Lettuce/Tomato/Onion [4]♥</i> <i>Ketchup & Mustard [2]</i> <i>Fresh Orange [17] ♥</i> <i>2% Milk [12] ♥</i> 625 calories/ 36 g protein
Homestyle Meatloaf [8] w/ Creamy Mashed Potatoes [17] ♥ Seasoned Brussel Sprouts [7] ♥ Corn [19] ♥ <i>Sliced Wheat Bread [14] ♥</i> <i>Diced Pears [17]♥</i> <i>2% Milk [12] ♥</i> 650 calories / 33 grams protein	Rosemary Smothered Chicken [12] Cornbread Dressing [25] Garden Veggie Medley [13]♥ <i>Whole Grain Dinner Roll [13] ♥</i> <i>Grapes [15] ♥</i> <i>2% Milk [12] ♥</i> 660 calories/39 g protein	Traditional Cheese Lasagna [34] Buttery Garlic Knot [27] Candied Carrots[8] ♥ <i>Orange [17] ♥</i> <i>2% Milk [12] ♥</i> 685 calories / 30 grams protein	King Ranch Chicken Casserole [15] Seasoned Green Beans [7] ♥ Roasted Sweet Corn [18] ♥ <i>Tortilla Chips [18] ♥</i> <i>Banana [26] ♥</i> <i>2% Milk [12] ♥</i> 650 calories/ 40 g protein	Tuna Salad Sandwich [4] Chilled 3 Bean Medley [14] Italian Pasta Salad [23] <i>WG Hamburger Bun [23]</i> <i>Apple Slices [8]♥</i> <i>2% Milk [12] ♥</i> 650 calories / 36 g protein
MEMORIAL DAY - HEAL HOLIDAY BBQ Grilled Chicken [11] Macaroni & Cheese [24]♥ Southern Style Green Beans [8] ♥ <i>Cornbread [29] ♥</i> <i>Diced Peaches [14] ♥</i> <i>2% Milk [12] ♥</i> 735 calories / 50 grams protein	Traditional Swiss Steak [12] Scalloped Potatoes [22] Peas & Carrots [10] ♥ <i>Sliced Wheat Bread [14] ♥</i> <i>Banana [26] ♥</i> <i>2% Milk [12] ♥</i> 685 calories / 34 grams protein	Tangerine Chicken [26] over Sesame Brown Rice [22] ♥ Vegetable Dumplings [12]♥ Broccoli w/ Red Peppers [5] ♥ <i>Fortune Cookie [4]♥</i> <i>Orange [17] ♥</i> <i>2% Milk [12] ♥</i> 655 calories / 31 grams protein	Lemon Buttered Pollock [13] Pasta w/ Alfredo Sauce[25] Normandy Vegetable Medley [7] ♥ <i>Whole Grain Dinner Roll [13] ♥</i> <i>Apple Slices [8] ♥</i> <i>2% Milk [12] ♥</i> 705 calories / 34 grams protein	Flamed Grilled Cheeseburger [2] Roasted Potato Wedges [19]♥ Mixed Vegetable Medley [13]♥ <i>WG Hamburger Bun [23]</i> <i>Lettuce/Tomato/Onion [4]♥</i> <i>Ketchup & Mustard [2]</i> <i>Fresh Grapes [15] ♥</i> <i>2% Milk [12] ♥</i> 695 calories / 34 grams protein

For more information call 210-207-7172. **Menu subject to availability and change without notice.**

Legend	[g of carbs]; ♥= 140mg sodium or less per serving; * = contains nuts; BOLD = in tray, <i>Italic</i> = Outside of Tray 🌿 =Meatless Meal (may contain eggs and/or dairy)
Comments	1. Fortified Apple Juice 120 calories, 0 g protein, 28 g CHO and 25mg sodium 2. For those watching their carbohydrate intake, the amount (g) of carbs per serving is listed beside each menu item in brackets []. It is recommended that meals consist of 45-75 g of carbohydrates while a snack consist of 15-30 g of carbohydrates.

COLD MEAL