



November 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11/3/2025	11/4/2025	11/5/2025	11/6/2025	11/7/2025
Steak Pizzaiola [11] Roasted Red Potatoes [15]♥ Mixed Vegetable Medley [12] ♥ Whole Grain Roll [12] ♥ Mixed Fruit [16]♥ 2% Milk [12] ♥ 635 calories/31 g protein	Chicken Empanadas [31] Spanish Rice [23] ♥ Roasted Corn & Green Beans [15]♥ Fresh Orange [17] ♥ Mild Salsa [3]♥ 2% Milk [12] ♥ 675 calories/35 g protein	Beef Stroganoff Meatballs [6] over Rotini Pasta [21] ♥ Broccoli w/ Red Peppers [5] ♥ Cinnamon Spiced Peaches [26] ♥ Wheat Bread [14] ♥ 2% Milk [12] ♥ 660 calories/35 g protein	Honey Garlic Glazed Chicken [18] Vegetable Fried Rice [23] ♥ Gingered Carrots [10]♥ Fortune Cookie [4]♥ Raisins [30] ♥ 2% Milk [12] ♥ 675 calories/33 g protein	Turkey Shepherd's Pie [22] Winter Vegetable Medley [7]♥ Chuckwagon Corn [14]♥ Whole Grain Roll [12] ♥ Banana [26] ♥ 2% Milk [12] ♥ 635 calories/37 g protein
11/10/2025	11/11/2025	11/12/2025	11/13/2025	11/14/2025
Smothered Popcorn Chicken [17] over Creamy Mashed Potatoes [17]♥ Parslied Peas & Carrots [10]♥ Sweet Corn [18]♥ Diced Pears [18]♥ 2% Milk [12] ♥ 675 calories/41 g protein	VETERAN'S DAY - HEAL HOLIDAY FROZEN MEAL Conchitas con Carne [22] Seasoned Carrot Coins [7]♥ Squash & Pepper Medley [4]♥ Cornbread Loaf [29]♥ Mandarin Oranges [16]♥ 2% Milk [12] ♥ 705 calories/47 g protein	Classic Chicken Parmesan [14] Garlic Buttered Penne Pasta [21]♥ Italian Vegetable Medley [12]♥ Wheat Bread [14] ♥ Grapes [11]♥ 2% Milk [12] ♥ 675 calories/42 g protein	Homestyle Meatloaf [8] w/ Savory Rice Pilaf [22]♥ California Vegetable Medley [7]♥ Seasoned Green Beans [6]♥ Whole Grain Roll [12] ♥ Banana [26] ♥ 2% Milk [12] ♥ 635 calories/29 g protein	Breaded Pollock Nuggets [25] Sweet Potato Tots [20] Mixed Vegetable Medley [12]♥ Tartar Sauce [1]♥ Ketchup [2]♥ Apple Slices [7]♥ 2% Milk [12] ♥ 660 calories/33 g protein
11/17/2025	11/18/2025	11/19/2025	11/20/2025	11/21/2025
Savory Turkey Chili [10] over Sweet Cornbread Bowl[33] Parslied Cauliflower Florets [4]♥ Mixed Vegetable Medley [12]♥ Applesauce [14] ♥ 2% Milk [12] ♥ 615 calories/32 g protein	Cilantro Lime Chicken [3] over Steamed Brown Rice [22]♥ Roasted Corn & Black Beans [17]♥ Ranchero Sauce [6] Tortilla Chips [18] ♥ Diced Mango [17]♥ 2% Milk [12] ♥ 675 calories/45 g protein	Cheesy Beef Cavatappi [24] Dilled Baby Carrots [7]♥ Seasoned Brussel Sprouts [7]♥ Whole Grain Roll [12] ♥ Banana [26] ♥ 2% Milk [12] ♥ 710 calories/36 g protein	General Tso's Chicken [25] over Vegetable Fried Rice [23]♥ Steamed Edamame Dumplings [12] ♥ Green Beans & Carrot Medley [6]♥ Fortune Cookie [4]♥ Fresh Orange [17] ♥ 2% Milk [12] ♥ 660 calories/30 g protein	Country Fried Steak [27] Garlic Mashed Potatoes [17]♥ Southern Style Okra [9]♥ Wheat Bread[14]♥ Apple Slices [7]♥ 2% Milk [12]♥ 690 calories/32 g protein
11/24/2025	11/25/2025	11/26/2025	11/27/2025	11/28/2025
Chicken Noodle Casserole [18] Broccoli w/ Red Peppers [5] ♥ Corn [18]♥ Buttermilk Biscuit [27] Diced Peaches [14]♥ 2% Milk [12] ♥ 660 calories/38 g protein	Beef Tamales[24] Spanish Rice [23] ♥ Charro Beans [18] Mild Salsa [3]♥ Mandarin Oranges [16] ♥ 2% Milk [12] ♥ 655 calories/29 g protein	Smothered Turkey & Dressing [33] Creamy Mashed Potatoes [17]♥ Seasoned Green Beans [6]♥ Whole Grain Roll [12]♥ Pumpkin Pie [56] 2% Milk [12] ♥ 930 calories/47 g protein	THANKSGIVING - HEAL HOLIDAY FROZEN MEAL Traditional Swiss Steak [8] Roasted sweet Potatoes [14] ♥ Peas & Pearl Onions[10]♥ Wheat Bread [14] ♥ Raisins [30] ♥ 2% Milk [12] ♥ 635 calories/30 g protein	THANKSGIVING - HEAL HOLIDAY FROZEN MEAL Oven Baked Chicken Tenders [16] Broccoli & Cheddar Mac n' Cheese [23] Mixed Vegetable Medley [12]♥ Ketchup [4] ♥ Applesauce [14]♥ 2% Milk [12] ♥ 680 calories/42 g protein
Meals served with choice of 2% milk or apple juice. For more information call 210-207-7172. Menu subject to change based on product availability.				
Legend	[g of carbs]; ♥= 140mg sodium or less per serving; * = contains nuts; BOLD = in tray , <i>Italic = Outside of Tray</i>			
	=Meatless Meal (may contain eggs and/or dairy)			
Comments	1. Total daily calories and grams of protein include the meal, side items and 2% milk as beverage of choice.			
	2. For those watching their carbohydrate intake, the amount of [grams] of carbs per serving is listed beside each menu item in brackets. It is generally recommended that meals consist of 45-75 g of carbohydrates			