



Galveston

Cycle 2, 2024 Final Menu

May

Monday	Tuesday	Wednesday	Thursday	Friday
5/1/2024				
 TRIO Community Meals <i>Nourishment through compassionate care.</i>		Southwest Chicken Pinto Beans Brussels Sprouts Texas Bread Fresh Fruit Milk <i>623 Calories 1023mg Sodium</i>	Polish Sausage+ Lentils Sliced Carrots Texas Bread Strawberry Gelatin Milk <i>868 Calories 1533mg Sodium</i>	Steakhouse Beef Meatballs Parslied Rice Green Beans Wheat Bread Fresh Banana Milk <i>633 Calories 830mg Sodium</i>
	5/6/2024	5/7/2024	5/8/2024	5/9/2024
Confetti Chicken Rice Italian Vegetable Blend Wheat Bread Oatmeal Cream Cookie Milk <i>743 Calories 904mg Sodium</i>	Swiss Steak Whipped Potatoes Herbed Green Beans Texas Bread Animal Crackers Milk <i>752 Calories 1146mg Sodium</i>	King Ranch Chicken Broccoli Glazed Carrots Wheat Bread Nutty Buddy Bar Milk <i>615 Calories 591mg Sodium</i>	Ham and White Beans+ Cajun Rice Diced Beets Cornbread Fresh Fruit Milk Margarine <i>742 Calories 872mg Sodium</i>	Mother's Day Turkey Breast with Gravy* Cornbread Dressing Catalina Vegetable Blend Dinner Roll Oreo Cookies Milk Margarine <i>613 Calories 1356mg Sodium</i>
5/13/2024	5/14/2024	5/15/2024	5/16/2024	5/17/2024
Sloppy Joe Oven Roasted Potatoes Mixed Vegetable Blend Hamburger Bun Brownie Milk <i>770 Calories 938mg Sodium</i>	Chicken Taco Spanish Rice Pinto Beans Flour Tortilla Fresh Fruit Milk Taco Sauce <i>695 Calories 523mg Sodium</i>	Creole Beef Mixed Beans Broccoli Wheat Bread Cinnamon Graham Sticks Milk <i>704 Calories 1162mg Sodium</i>	Polish Sausage+ Delmonico Potatoes Green Beans and Carrots Wheat Bread Birthday Cake Milk  <i>804 Calories 1380mg Sodium</i>	Espagnole Beef Meatballs Macaroni and Cheese Cauliflower Dinner Roll Fresh Fruit Milk <i>693 Calories 1103mg Sodium</i>
5/20/2024	5/21/2024	5/22/2024	5/23/2024	5/24/2024
Parmesan Chicken Black-Eyed Peas Broccoli Texas Bread Nutty Buddy Bar Milk <i>658 Calories 1205mg Sodium</i>	Ham and Lima Beans+ Okra and Tomatoes Glazed Beets Texas Bread Fresh Fruit Milk <i>666 Calories 1363mg Sodium</i>	Beef Chili with Beans Parslied Rice Spinach Cornbread Fresh Fruit Milk Margarine <i>740 Calories 734mg Sodium</i>	Onion Chicken Garlic Whipped Potatoes Catalina Vegetable Blend Wheat Bread Graham Crackers Milk <i>616 Calories 919mg Sodium</i>	Memorial Day Hamburger Patty Lettuce and Tomato Ranch Beans Hamburger Bun Peach Cobbler Milk Mustard and Ketchup <i>783 Calories 843mg Sodium</i>
5/27/2024	5/28/2024	5/29/2024	5/30/2024	5/31/2024
Closed for Holiday	Chicken Piccata Penne Pasta Ginger Carrots Texas Bread Fresh Fruit Milk <i>700 Calories 1006mg Sodium</i>	Beef Taco Pinto Beans Creole Tomatoes Flour Tortilla Fudge Cream Cookie Milk Taco Sauce <i>649 Calories 947mg Sodium</i>	BBQ Pork Rib Patty+ Black-Eyed Peas California Vegetable Blend Dinner Roll Lime Gelatin Milk <i>640 Calories 1180mg Sodium</i>	Baked Chicken Cream Gravy Whipped Potatoes Green Beans Texas Bread Fresh Fruit Milk <i>606 Calories 1066mg Sodium</i>

* - Turkey

+ - Pork

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