



# Allergen Guide

SPRING & SUMMER MENUS

APRIL 2026 – SEPTEMBER 2026












**MEALS** on **WHEELS** CENTRAL TEXAS

The Allergen Guide will assist you selecting menu items that meet your individual lifestyle and nutritional needs.

This kitchen uses the following products in meal preparation: tree nuts, sesame, peanuts, soy, eggs, milk, fish, shellfish, wheat, and other products containing gluten. We cannot guarantee that menu items are free of allergens because we use shared equipment and handle common allergens throughout the supply chain.

Allergens listed are for menus served April 2026 through September 2026.  
Milk served with each meal contains the Allergen Milk.

		4/6, 6/1, 7/27, 9/21	 EGGS	 FISH	 SHELLFISH	 MILK	 PEANUTS	 TREENUTS	 SOY	 WHEAT	 GLUTEN
MONDAY	Choice A Diced Sweet and Sour Chicken										
	Choice B Honey Ginger Sliced Chicken Breast		X						X	X	X
	Brown Rice				X						
	Broccoli				X						
	Wheat Bread									X	X
	Fresh Fruit										

 = Vegetarian Menu Item

X = indicates the menu item contains the allergen





4/7, 6/2, 7/28, 9/22

TUESDAY	Choice A Beef Taco							X	X
	Choice B Chopped Carne Asada			X				X	X
	Pinto Beans								
	Parslied Carrots								
	Corn Tortillas (2)								
	Fresh Fruit								
	Taco Sauce								

4/8, 6/3, 7/29, 9/23

WEDNESDAY	Choice A Baked Chicken with Country Gravy			X			X	X	X
	Choice B Oven Fried Chicken Drumstick							X	X
	WG Penne Florentine			X				X	X
	Cauliflower			X					
	Wheat Bread							X	X
	Fresh Fruit								

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EGGS



FISH



SHELLFISH



MILK



PEANUTS



TREENUTS



SOY



WHEAT



GLUTEN

4/9, 6/4, 7/30, 9/24

THURSDAY	Choice A Cajun Potato Crusted Pollock	X	X						X	X
	Choice B Cream Dill Tilapia		X		X				X	X
	Lima Beans				X					
	Okra and Tomatoes									
	Multigrain Bread								X	X
	Fruited Cherry Gelatin									

4/10, 6/4, 7/30, 9/24

FRIDAY	Choice A BBQ Breaded Chicken							X	X	X
	Choice B BBQ Pulled Chicken									
	Lentils									
	Green Beans				X					
	Wheat Hamburger Bun								X	X
Apple Juice										

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4/13, 6/8, 8/3, 9/28



EGGS



FISH



SHELLFISH



MILK



PEANUTS



TREENUTS



SOY



WHEAT



GLUTEN

MONDAY

Choice A Creamy Wine Beef	X			X			X	X	X
Choice B Creamy Wine Chopped Roast Beef				X				X	X
Brown Rice				X					
Lemon Brussels Sprouts									
Wheat Bread								X	X
Fresh Fruit									

4/14, 6/9, 8/4, 9/29

TUESDAY

Choice A Pesto Chicken				X					
Choice B Lemon Butter Sliced Chicken Breast				X				X	X
Cheesy Parslied Potatoes				X					
Green Beans									
Texas Bread								X	X
Fresh Fruit									

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4/15, 6/10, 8/5, 9/30

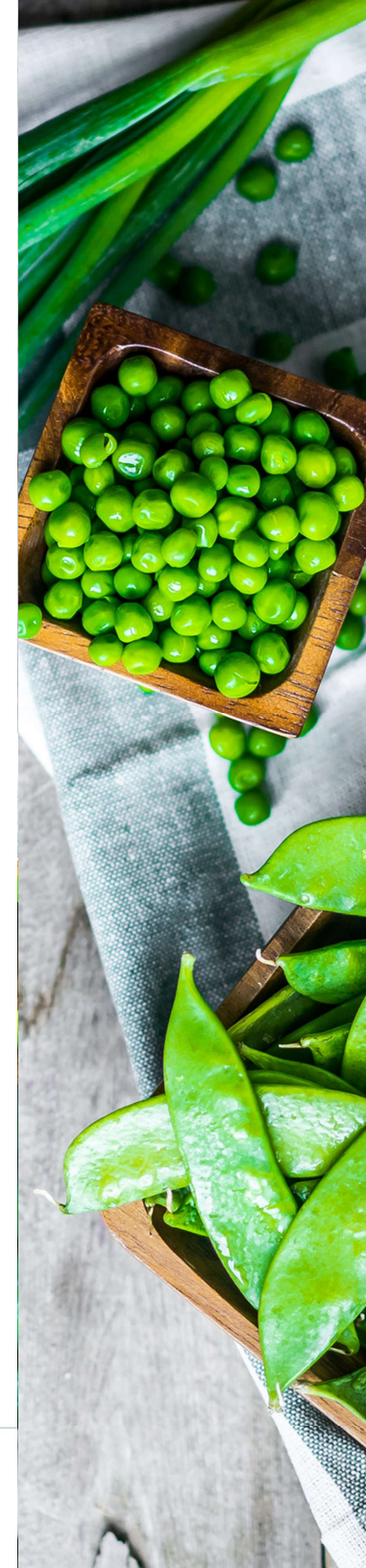
WEDNESDAY	V Choice A Pimento Cheese	X			X				
	Choice B Krab Salad	X	X	X			X	X	X
	Aztec Couscous Salad								
	Carrot Raisin Salad	X							
	Wheat Bread							X	X
	Fresh Fruit								

4/16, 6/11, 8/6, 10/1

THURSDAY	Choice A Diced Orange Chicken		X					X	X
	Choice B Thai Chili Pulled Chicken								
	Roasted Sweet Potatoes								
	Chinese Cabbage								
	Multigrain Bread Bread							X	X
	Fruited Lemon Gelatin								

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4/17, 6/12, 8/7, 10/2



EGGS



FISH



SHELLFISH



MILK



PEANUTS



TREENUTS



SOY



WHEAT



GLUTEN

FRIDAY

Choice A Turkey Cannelloni Casserole

X

X

X

Choice B Garlic Rosemary Turkey Pot Roast

X

X

X

Seasoned Lentils

California Vegetables

X

X

Texas Bread

X

X

Grape Juice

### Wellness From the Ground Up: Eat Well, Live Sustainably

Human health and the planet's health are closely linked. The foods we choose affect the environment that grows and supplies them. When we understand this connection and make small, realistic shifts, we can improve our own well-being while also supporting a healthier world.

#### Actions You Can Take to Make a Positive Difference

**Choose local and seasonal foods.** Fresher, more nutritious, and supports nearby farms.

**Eat more plant-forward meals.** Beans, lentils, vegetables, and grains often require fewer resources to produce.

**Minimize food waste.** Plan ahead, store food properly, and use leftovers creatively. Compost or donate food you cannot use.

**Reduce packaging.** Buy in bulk, use reusable bags when shopping to reduce plastic usage, package food in reusable containers, or choose sustainable packaging.

**Support sustainable foods and brands.** Make mindful choices within your budget.

**Grow something.** Start with herbs, a small garden, or community garden involvement.

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4/20, 6/15, 8/10

MONDAY	Choice A Diced Dragon Fire Chicken							X	X	X
	Choice B Korean BBQ Sliced Chicken Breast				X			X	X	X
	Brown Rice				X					
	Japanese Vegetables		X		X				X	X
	Multigrain Bread								X	X
	Fresh Fruit									

4/21, 6/16, 8/11








TUESDAY	V Choice A Cheese Omelet	X			X					
	V Choice B Vegetable Frittata	X			X					
	Seasoned Black Beans									
	Stewed Tomatoes									
	Wheat Bread								X	X
	Fresh Fruit									

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4/22, 6/17, 8/12

	 EGGS	 FISH	 SHELLFISH	 MILK	 PEANUTS	 TREE NUTS	 SOY	 WHEAT	 GLUTEN
WEDNESDAY	Choice A Swiss Steak		X	X			X	X	X
	Choice B Herb Glazed Chopped Roast Beef								
	Cheesy Rosemary Potatoes				X				
	Mixed Vegetables								
	Multigrain Bread							X	X
	Fresh Fruit								

4/23, 6/18, 8/13

THURSDAY	Choice A Tuna Pasta Salad	X	X					X	X
	Choice B Salmon Pasta Salad	X	X					X	X
	Sweet Potato Salad								
	Marinated Vegetables								
	Wheat Bread							X	X
	Fruited Strawberry Gelatin								

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4/24, Father's Day, 8/14



EGGS



FISH



SHELLFISH



MILK



PEANUTS



TREENUTS



SOY



WHEAT



GLUTEN

FRIDAY

Choice A Balsamic Brown Sugar Beef							X	X	X
Choice B Chopped Steakhouse Brisket				X			X		
Garlic Parmesan Couscous				X					
Broccoli and Carrots									
Texas Bread								X	X
Tropical Punch									

## Creating Well-Being Through Sustainable Choices

Better nutrition means stronger immune systems, more energy, improved brain function, and reduced risk of chronic diseases. A healthy environment ensures clean air, clean water, and resilient ecosystems. Both are essential for sustainable wellness—feeling good today while creating a livable world for tomorrow.

### Food Choices

**Beans, Lentils, Chickpeas** - High in plant protein and fiber. Lower land & water use; smaller carbon footprint

**Seasonal Fruits & Vegetables** - Nutrient-dense, fresher flavor. Supports local farms; fewer transportation emissions

**"Ugly" Produce** - May come off as imperfect, but same nutrients, often lower cost. Reduces food waste

**Farmers Markets** - Fresher food; supports local economy. Less packaging; shorter supply chain

### Benefit For You

### Benefit For Planet

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4/27, 6/22, 8/17

MONDAY	Choice A Lemon Pepper Breaded Pollock	X	X						X	X
	Choice B 10 Grain Pollock		X		X				X	X
	Cajun Brown Rice									
	Green Peas with Mushrooms				X					
	Texas Bread								X	X
	Fresh Fruit									

4/28, 6/23, 8/18

TUESDAY	Choice A Mexican Beef Picadillo									
	Choice B Beef Fajita									
	Savory Lime Corn				X					
	Brussels Sprouts				X					
	Corn Tortillas (2)									
Fresh Fruit										

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4/29, 6/24, 8/19

WEDNESDAY	Choice A Diced Five Spice Chicken								X	X
	Choice B Sliced Black Bean Chicken Breast								X	X
	Northern Beans				X					
	Ginger Carrots				X					
	Texas Bread								X	X
	Fresh Fruit									

4/30, 6/25, 8/20

THURSDAY	Choice A Turkey Chili with Beans									
	Choice B White Turkey Chili									
	Cheesy Brown Rice				X			X	X	
	Mixed Greens				X					
	Cornbread	X			X				X	X
	Fruited Orange Gelatin									
Margarine										

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5/1, 6/26, 8/21

FRIDAY	Choice A Meatloaf w/Tomato Gravy				X			X		
	Choice B Chopped Italian Beef									
	Whipped Potatoes w/Skins				X			X		
	Mixed Vegetables				X			X		
	Wheat Bread								X	X
	Grape Juice									

## Mastering Your Macros: The Basics of Balanced Nutrition

Nutrition helps keep your body strong, your mind sharp, and your energy steady. Macronutrients—carbohydrates, protein, and fat—give your body the fuel it needs. Eating the right amount of each helps support healthy aging.

### Most Foods Contain More Than One Macro

#### Examples

**Beans, lentils, quinoa, milk, yogurt:** carbs + protein

**Nuts, seeds, salmon:** protein + healthy fats

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5/4, 6/29, 8/24

MONDAY	Choice A Cranberry Orange Chicken								
	Choice B Sliced Creamy Paprika Chicken Breast				X			X	X
	Lentils								
	Cabbage				X			X	
	Multigrain Bread							X	X
	Fresh Fruit								

5/5, 6/30, 8/25

TUESDAY	<b>V</b> Choice A Three Cheese Ziti	X			X			X	X
	<b>V</b> Choice B Creamy Garlic Cheese Manicotti	X			X			X	X
	Green Peas								
	Sliced Carrots								
	Texas Bread							X	X
	Fresh Fruit								

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5/6, 7/1, 8/26



EGGS



FISH



SHELLFISH



MILK



PEANUTS



TREENUTS



SOY



WHEAT



GLUTEN

WEDNESDAY	Choice A Turkey Taco							X	X
	Choice B Pulled Turkey Taco							X	X
	Black Beans								
	Mexican Style Tomatoes				X				
	Whole Wheat Tortilla							X	X
	Fresh Fruit								
	Taco Sauce								

5/7, Independence Day, 8/27

THURSDAY	Choice A Hamburger Patty						X		
	Choice B All Beef Patty								
	Lettuce and Tomato								
	Ranch Beans								
	Hamburger Bun							X	X
	Hot Spiced Fruit								
	Mustard and Ketchup								

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Mother's Day, Closed, 8/28



EGGS



FISH



SHELLFISH



MILK



PEANUTS



TREENUTS



SOY



WHEAT



GLUTEN

FRIDAY

Choice A Diced Curry Chicken

Choice B Pulled Sesame Chicken

Almond Brown Rice

Japanese Vegetables

Texas Bread

Tropical Punch

X

X

X

X

X

X

X

X

X

X

X

## Carbohydrates

### Your Body's Main Energy Source

**What they do:** Give you energy for daily activities and help your brain and muscles work well.

**Best choices:** Whole grains, fruits, vegetables, beans, and lentils.

### Why they matter for

**seniors:** *Fiber-rich carbs help digestion and support heart health.*

### Recommended amount:

About 45-65% of total calories.



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5/11, 7/6, 8/31

MONDAY	Choice A Beef Enchilada Pie				X				
	Choice B Enchilada Shredded Barbacoa Beef							X	X
	Spanish Rice				X				
	Parslied Carrots				X				
	Wheat Bread							X	X
	Fresh Fruit								

5/12, 7/7, 9/1

TUESDAY	Choice A Turkey Tetrazzini				X		X	X	X
	Choice B Turkey Supreme	X			X			X	X
	Broccoli				X				
	Green Beans and Carrots				X				
	Multigrain Bread							X	X
	Fresh Fruit								

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5/13, 7/8, 9/2



EGGS



FISH



SHELLFISH



MILK



PEANUTS



TREENUTS



SOY



WHEAT



GLUTEN

WEDNESDAY	Choice A Spanish Beef Patty							X		
	Choice B Chopped Ranchero Roast Beef									
	Charro Beans									
	Fiesta Vegetables									
	Wheat Bread								X	X
	Fresh Fruit									

5/14, 7/9, 9/3

THURSDAY	Choice A Breaded Dill Pollock	X	X		X				X	X
	Choice B Salmon Croquette	X	X	X	X				X	X
	Lentils									
	Country Tomatoes									
	Texas Bread								X	X
	Fruited Lime Gelatin									

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5/15, 7/10, Closed



EGGS



FISH



SHELLFISH



MILK



PEANUTS



TREENUTS



SOY



WHEAT



GLUTEN

		EGGS	FISH	SHELLFISH	MILK	PEANUTS	TREENUTS	SOY	WHEAT	GLUTEN
FRIDAY	V Choice A Spaghetti Torte w/Bowtie	X			X			X	X	X
	Choice B Spinach Macaroni and Cheese				X				X	X
	V Seasoned Cauliflower				X			X		
	Green Beans Almandine				X		X	X		
	Wheat Roll								X	X
	Grape Juice									

## Protein

### Supports Muscles & Healing

**What it does:** Builds and repairs muscle and other tissues. Helps maintain strength, especially as we age.

**Best choices:** Fish, seafood, poultry, lean red meat, eggs, and tofu.

**Senior tip:** Eating protein evenly throughout the day supports muscle maintenance.

**Recommended amount:**

About 10-35% of total calories.

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5/18, 7/13, Closed

MONDAY	Choice A Szechuan Chicken Bites							X	X	X
	Choice B Pulled Mongolian Chicken							X	X	X
	Jasmine Rice									
	Sesame Broccoli								X	X
	Multigrain Bread								X	X
	Fresh Fruit									

5/19, 7/14, 9/8

TUESDAY	Choice A Sloppy Joe	X							X	X
	Choice B Chopped BBQ Brisket									
	Cream Cheese Corn				X					
	California Vegetables				X			X		
	Wheat Hamburger Bun								X	X
	Fresh Fruit									

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5/20, 7/15, 9/9



EGGS



FISH



SHELLFISH



MILK



PEANUTS



TREENUTS



SOY



WHEAT



GLUTEN

WEDNESDAY	Choice A Potato Crusted Pollock	X	X					X	X
	Choice B Moroccan Tilapia		X						
	Turmeric Brown Rice								
	Lemon Brussels Sprouts				X		X	X	X
	Multigrain Bread							X	X
	Fresh Fruit								

5/21, 7/16, 9/10

THURSDAY	Choice A Salisbury Beef w/Country Gravy				X		X	X	X
	Choice B Chopped Roast Beef w/Country Gravy				X		X	X	X
	Whipped Potatoes w/Skins				X		X		
	Green Beans Almandine						X		
	Wheat Bread							X	X
	Chocolate Pie Parfait				X		X	X	X

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Closed, 7/17, 9/11



EGGS



FISH



SHELLFISH



MILK



PEANUTS



TREENUTS



SOY



WHEAT



GLUTEN

FRIDAY

Choice A Chicken Fajita

Choice B Chicken Fajita Strips

Pinto Beans

Stewed Tomatoes

Whole Wheat Tortilla

Apple Juice

X

X

## Healthy Fats

### Good for Heart & Brain

**What they do:** Support brain function, protect organs, and help your body absorb vitamins.

**Best choices:** Avocados, nuts, seeds, olive or canola oil, and fatty fish.

**Senior tip:** Choose unsaturated fats more often; limit saturated and trans fats.

#### Recommended amount:

About 20-35% of total calories.



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Closed, 7/20, 9/14

MONDAY	<b>V</b> Choice A Chilaquiles Casserole				X				
	<b>V</b> Choice B Barley Chili				X				
	Green Beans								
	Brussels Sprouts								
	Wheat Bread							X	X
	Fresh Fruit								

5/26, 7/21, 9/15

TUESDAY	Choice A Tomatillo Chicken				X				
	Choice B Margarita Sliced Chicken Breast				X				
	Pinto Beans								
	Cauliflower								
	Multigrain Bread							X	X
	Fresh Fruit								

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5/27, 7/22, 9/16



EGGS



FISH



SHELLFISH



MILK



PEANUTS



TREENUTS



SOY



WHEAT



GLUTEN

WEDNESDAY

Choice A Beef Meatballs with Gravy

X

X

X

X

Choice B Chimichurri Diced Beef

Oven Roasted Potatoes

Italian Vegetables

X

Wheat Bread

X

X

Fresh Fruit

5/28, 7/23, 9/17

THURSDAY

Choice A Mexican Chicken Chili

Choice B King Ranch Chicken Casserole

X

Confetti Brown Rice

Sliced Carrots

X

Saltine Crackers

X

X

X

Fruited Lemon Gelatin

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5/29, 7/24, 9/18



EGGS



FISH



SHELLFISH



MILK



PEANUTS



TREENUTS



SOY



WHEAT



GLUTEN

FRIDAY

Choice A Sliced Turkey Breast & Swiss Cheese

X

Choice B Gourmet Turkey Salad

X

X

Lettuce and Tomato

Pasta Salad

X

X

X

Wheat Pita Pocket Half

X

X

Cranberry Juice

**Eat a nutritious diet and stretch your food dollar with the following money-saving tips.**

**Plan Ahead**

Cook from scratch when possible. Cooking at home will yield financial and health benefits. Budget wisely! Know how much money you have to spend on food. Plan meals around items that are on sale and utilize foods you already have on hand first. Make a shopping list and stick to it. Avoid shopping when hungry.

**Waste Nothing**

Store food right away after you shop to keep it fresh and safe. If you buy large amounts of a fresh food, divide, label and store it in your freezer for later use. Use foods with the earliest expiration date. Learn how to use most of the vegetable or fruit—stems and all! Eat your leftovers at lunch or create new meals with leftover ingredients.

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## Holiday Meals

5/8



EGGS FISH SHELLFISH MILK PEANUTS TREENUTS SOY WHEAT GLUTEN

MOTHER'S DAY	Honey Peppercorn Chicken							X	X
	Brown Rice								
	Garden Vegetables				X				
	Wheat Roll							X	X
	Oatmeal Cream Cookie	X			X	X	X	X	X

6/19

FATHER'S DAY	Beef Pepper Steak				X			X	
	Whipped Potatoes w/Skins				X			X	
	Catalina Vegetables								
	Wheat Roll							X	X
	Nutty Buddy Bar	X			X	X	X	X	X

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7/2



EGGS



FISH



SHELLFISH



MILK



PEANUTS



TREENUTS



SOY



WHEAT



GLUTEN

	EGGS	FISH	SHELLFISH	MILK	PEANUTS	TREENUTS	SOY	WHEAT	GLUTEN
Hamburger Patty							X		
Lettuce and Tomato									
Ranch Beans									
Wheat Hamburger Bun								X	X
Peach Crisp				X			X	X	X
Mustard and Ketchup									

### Shop Smarter

- Choose store brands or private label brands over national brands.
- Buy shelf-stable items on sale that you use regularly.
- Choose larger sizes of food. Larger packages of food tend to have a lower unit price.
- Check “sell by” or “use by” dates and purchase the freshest food possible.
- When selecting fresh produce, buy in-season and only what you can use before it spoils. Canned and frozen vegetables and fruits can be just as nutritious as fresh and usually cost less.
- Opt for these budget-friendly whole grains: brown rice, whole grain pasta, cereal, crackers and breads, plain oatmeal or popcorn.
- Swap out meat with beans, split peas, lentils and eggs, which cost far less. Select canned tuna, salmon or sardines vs fresh or frozen fillets.
- Skip the cookie and chip aisle. Out of sight, out of mind.
- Drink water instead of soft drinks and other sugary beverages.

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We are honored to prepare these meals for you.  
Our goal is that these meals bring you nourishment and enjoyment.