

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Meatballs 1 Lentils Parsley Carrots Strawberry Craisins Wheat Bread/Milk	Steakhouse Beef Patty 2 Whipped Potatoes Herbed Green Beans Fresh Apple Wheat Bread/Milk	Hot Dog on Bun 3 Oven Roasted Potatoes Catalina Vegetables Brownie Milk/Mustard	4 Closed for Holiday Please consume one of your shelf stable meals	Turkey & Dumplings 5 Broccoli Cauliflower Lime Gelatin w/ Pears Texas Bread/Milk
Shredded Pork Taco* 8 Spanish Rice Pinto Beans Sugar Cookie Milk	Breaded Chicken Patty 9 Black-Eyed Peas Garlic Parmesan Cauliflower Fresh Orange Texas Bread/Milk	BBQ Pork Ribette* 10 Macaroni & Cheese Spring Vegetables Zee Zee Bar Dinner Roll/Milk	Turkey Pastrami Sandwich 11 Lettuce/Tomato/Cheese Herbed Potato Salad Oatmeal Cream Cookie Juice	Cheeseburger on Bun 12 Baked Beans Pineapple Cobbler Mustard/Ketchup Milk
Chicken/Broccoli Alfredo 15 Lemmon Brussels Sprouts Sliced Carrots Fresh Apple Wheat Bread/Milk	Beef & Bean Burrito 16 Mexican Rice Mexican Style Tomatoes Fudge Cream Cookie Milk	Baked Chicken w/ Gravy 17 Twice Whipped Potatoes Herbed Green Beans Strawberry Craisins Dinner Roll/Milk	Italian Beef Macaroni 18 Whole Kernel Corn Broccoli Animal Crackers Texas Bread/Juice	Polish Sausage on Bun* 19 Black Beans Stewed Tomatoes Fig Bar Milk/Mustard
Beef Meatballs 22 Penne Pasta Herbed Green Peas Fresh Orange Texas Bread/Milk	Chicken Enchilada Soup 23 Mexican Rice Stewed Tomatoes Oatmeal Cream Cookie Milk	Salisbury Steak w/ Gravy 24 Mashed Potatoes Italian Green Beans Nutty Buddy Bar Dinner Roll/Milk	Honey Glazed Ham* 25 Whipped Potatoes Mixed Vegetables Oreo Vanilla Pudding Dinner Roll/Juice	Hamburger on Bun 26 Lettuce & Tomato Baked Beans Hot Cinnamon Applesauce Milk/Mustard/Ketchup
Breaded Chicken Patty 29 Orzo Pasta Herbed Brussels Sprouts Fresh Apple Wheat Bread/Milk	Soft Turkey Taco 30 Charro Beans Ole Mixed Vegetables Sugar Cookie Milk/Taco Sauce	Breaded Pork Patty* 31 Parsley Rice Sliced Carrots Chocolate Graham Crackers Wheat Bread/Milk		

NUTRITION INFORMATION: Proper nutrition and hydration are key elements that can possibly prevent hospitalizations or even placement in long-term care facilities. Our menus are designed to meet a minimum of 1/3 daily nutritional requirements for older adults as required by the state of Texas. This equates to 3 ounces of protein, 2-3 servings of fruits and vegetables, 1 serving of grain, and 1 serving of milk. For more nutritional information, please visit our resource page at www.vnatexas.org.



214-689-2639

Note: *contains pork

Due to unavailability of certain items, appropriate substitutions may need to be used.