

| MONDAY                                                                                                                           | TUESDAY                                                                                                                       | WEDNESDAY                                                                                                                                | THURSDAY                                                                                                              | FRIDAY                                                                                                                                        |
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|                                                 |                                                                                                                               | Breaded Chicken Tenders <sup>1</sup><br>Tiny Whole Potatoes<br>Green Beans with Onions<br>Fruited Strawberry Gelatin<br>Wheat Bread/Milk | Glazed Ham* <sup>2</sup><br>Black-Eyed Peas<br>Cabbage<br>Fresh Banana<br>Corn Muffin/Juice/Margarine                 | Turkey Spaghetti <sup>3</sup><br>Broccoli<br>Sliced Carrots<br>Chocolate Chip Cookie<br>Wheat Bread/Milk                                      |
| Beef Burgundy Patty <sup>6</sup><br>Penne Noodles<br>Spring Vegetables<br>Fresh Apple<br>Wheat Bread/Milk/Margarine              | Soft Chicken Taco <sup>7</sup><br>Spanish Rice<br>Squash/Zucchini/Tomato<br>Lemon Pudding<br>Juice/Taco Sauce                 | BBQ Ribette* <sup>8</sup><br>Ranch Style Beans<br>German Potato Salad<br>Fruited Cherry Gelatin<br>Wheat Bread/Milk                      | Texas Chili with Beans <sup>9</sup><br>Whole Kernel Corn<br>Spinach<br>Fresh Banana<br>Corn Muffin/Juice/Margarine    | Turkey Breast w/ Gravy <sup>10</sup><br>Mashed Spiced Yams<br>Green Beans<br>Fudge Cream Cookie<br>Dinner Roll/Milk                           |
| Breaded Chicken on Bun <sup>13</sup><br>Macaroni and Cheese<br>Broccoli<br>Fresh Orange<br>Milk                                  | Salisbury Steak/Gravy <sup>14</sup><br>Delmonico Potatoes<br>Rosemary Carrots<br>Pineapple Tidbits<br>Multi Grain Bread/Juice | <sup>15</sup><br><b>NO MEAL DELIVERY</b><br><i>Please eat the shelf stable meal delivered to you October 7<sup>th</sup>.</i>             | Tuna Salad/Crackers <sup>16</sup><br>Three Bean Salad<br>Cold Pickled Beets<br>Fruited Lime Gelatin<br>Juice          | Turkey Rice Casserole <sup>17</sup><br>Mixed Vegetables<br>Cabbage<br>Carnival Cookie<br>Wheat Bread/Milk/Margarine                           |
| Beef Patty with Gravy <sup>20</sup><br>Whipped Potatoes<br>Peas and Carrots<br>Fresh Apple<br>Wheat Bread/Milk                   | Mexican Chicken Chili <sup>21</sup><br>Broccoli<br>Squash/Zucchini/Tomatoes<br>Oatmeal Cream Cookie<br>Juice/Saltine Crackers | Roast Beef/Gravy <sup>22</sup><br>Scalloped Potatoes<br>Herbed Green Beans<br>Banana Pudding<br>Multi Grain Bread/Milk                   | Sausage w/ Red Beans* <sup>23</sup><br>Cajun Rice<br>Mixed Greens<br>Fresh Banana<br>Corn Muffin/Juice/Margarine      | BBQ Turkey Meatballs <sup>24</sup><br>Ranch Style Beans<br>Country Vegetables<br>Fruited Orange Gelatin<br>Dinner Roll/Milk                   |
| Sweet & Sour Pork Patty <sup>27</sup><br>Fried Rice<br>Japanese Vegetables<br>Fresh Orange<br>Wheat Bread/Milk<br>Fortune Cookie | Meatloaf w/ Brown Gravy <sup>28</sup><br>Macaroni and Cheese<br>Glazed Carrots<br>Gingerbread Cookie<br>Wheat Bread/Juice     | Breaded Chicken Patty <sup>29</sup><br>Black-Eyed Peas<br>Cabbage<br>Fruited Cherry Gelatin<br>Wheat Bread/Milk                          | Turkey Tetrazzini <sup>30</sup><br>Green Peas w/ Red Peppers<br>Diced Beets<br>Chocolate Pudding<br>Dinner Roll/Juice | <sup>31</sup><br><b>Happy Halloween!</b><br>Swiss Steak<br>Red Skin Whipped Potatoes<br>Capri Vegetables<br>Pumpkin Fluff<br>Dinner Roll/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.



**Note: \*contains pork**

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

| LUNES                                                                                                                   | MARTES                                                                                                                                        | MIERCOLES                                                                                                                                       | JUEVES                                                                                                                                     | VIERNES                                                                                                                               |
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|                                        |                                                                                                                                               | 1<br>Trozos de pollo apanados<br>Papas pequeñas enteras<br>Guisantes con cebolla<br>Gelatina de fresa con fruta<br>Pan de trigo<br>Leche        | 2<br>Jamón glaseado*<br>Frijoles de ojo negro<br>Col<br>Banana<br>Muffin de maíz<br>Jugo/margarina                                         | 3<br>Cazuela de pavo y espagueti<br>Brócoli<br>Zanahorias en rodajas<br>Galleta<br>Leche                                              |
| 6<br>Carne de res con sala borgoña<br>Fideos Penne<br>Vegetales de primavera<br>Manzana<br>Pan de trigo/leche/margarina | 7<br>Carne de pollo para fajitas/salsa para tacos<br>Arroz español<br>Calabaza/calabacín/tomates<br>Budín de limón<br>Tortilla de harina/jugo | 8<br>Hamburguesa de costilla de cerdo*<br>Frijoles rancheros<br>Ensalada de papa caliente<br>Gelatina de cereza con fruta<br>Pan de trigo/leche | 9<br>Chili con frijoles<br>Maíz en grano entero<br>Espinaca<br>Banana<br>Muffin de maíz/margarina<br>Jugo                                  | 10<br>Pechuga de pavo<br>Pue de ñame con especias<br>Frijoles verdes<br>Galleta de crema de caramelo<br>Panecillo<br>Leche            |
| 13<br>Pollo al horno<br>Macarrones con queso<br>Brócoli<br>Naranja<br>Panecillo Kaiser<br>Leche                         | 14<br>Carne de res Salisbury<br>Papas Delmonico<br>Zanahorias Rosemary<br>Trozos de pina<br>Pan integral<br>Jugo                              | 15<br><b>No entrega hoy</b><br><br><b>Por favor, comer su comida estable del estante entregada el siete de octubre.</b>                         | 16<br>Ensalada de atún<br>Ensalada de tres frijoles<br>Remolacha fría en vinagre<br>Gelatina de lima con fruta<br>Galletas de soda<br>Jugo | 17<br>Cazuela de pavo y arroz<br>Vegetales mixtos<br>Col<br>Galleta Carnaval<br>Pan de trigo/margarina<br>Leche                       |
| 20<br>Carne de res con gravy<br>Papas batidas<br>Guisantes y zanahorias<br>Manzana<br>Pan de trigo<br>Leche             | 21<br>Chili de pollo mexicano<br>Brócoli<br>Calabaza/calabacín/tomates<br>Galleta de avena y crema<br>Galletas de soda<br>Jugo                | 22<br>Carne asada<br>Escalopes de papa<br>Frijoles verdes y hierbas<br>Budín de banana<br>Pan integral<br>Leche                                 | 23<br>Salchicha con frijoles*<br>Arroz cajun<br>Vegetales mixtos<br>Banana<br>Muffin de maíz/margarina<br>Jugo                             | 24<br>Albóndigas de pavo<br>Frijoles rancheros<br>Vegetales Country<br>Gelatina de naranja con fruta<br>Panecillo<br>Leche            |
| 27<br>Cerdo agri dulce*<br>Arroz frio<br>Vegetales japoneses<br>Naranja<br>Galleta de la suerte<br>Leche                | 28<br>Pastel de carne<br>Macarrones con queso<br>Zanahorias glaseadas<br>Galleta de jengibre<br>Pan de trigo<br>Jugo                          | 29<br>Pollo al horno<br>Frijoles de ojo negro<br>Col<br>Gelatina de cereza con fruta<br>Pan de trigo<br>Leche                                   | 30<br>Tetrassini de pavo<br>Guisantes con pimientos<br>Remolacha en cubos<br>Budín de chocolate<br>Panecillo<br>Jugo                       | 31<br><b>Noche de Brujas</b><br>Bistec suizo<br>Papas batidas con cascara<br>Vegetales Capri<br>Batido de calabaza<br>Panecillo/leche |

**Información nutrición:** Una nutrición e hidratación adecuadas son elementos claves para poder posiblemente prevenir hospitalizaciones o internaciones a largo plazo. Nuestros menús están diseñados para cumplir con una 1/3 parte de los requisitos nutricionales diarios para adultos mayores, tal como lo establece el Estado de Texas. Esto equivale a 3 onzas de proteínas, 2-3 porciones de frutas y verduras, 1 porción de granos y una de leche. Para más información nutricional, por favor visite nuestra página [vnatexas.org](http://vnatexas.org).

