

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Maple Glazed Chicken 2 Whipped Potatoes Capri Mixed Vegetables Fresh Apple Wheat Bread/Milk/Margarine	Cheesy Beef Macaroni 3 Broccoli Stewed Tomatoes Chocolate Chip Cookie Wheat Bread/Juice	Pesto Turkey Breast 4 Lima Beans Garden Vegetables Butterscotch Swirl Pudding Dinner Roll/Milk	5 NO MEAL DELIVERY Please eat your shelf stable meal delivered to you last week.	Citrus Pork Roast* 6 Whipped Potatoes Spinach Fudge Cream Cookie Dinner Roll/Milk
Cajun Meatloaf 9 Rice Florentine Peas and Carrots Fresh Orange Dinner Roll/Milk/Margarine	Lemon Pepper Chicken 10 Herbed Quinoa Green Beans Strawberry Swirl Pudding Multi Grain Bread/Juice	Salisbury Steak/Gravy 11 Scalloped Potatoes Squash/Zucchini/Tomatoes Fresh Apple Dinner Roll/Milk	Turkey Pastrami Sandwich 12 Lettuce & Tomato Three Beans Salad Oatmeal Cream Cookie Juice/Mustard	Mother's Day Meal 13 Beef Burgundy Patty Red-Skin Whipped Potatoes Broccoli and Cauliflower Mud Pie Pudding Dinner Roll/Milk/Margarine
Parmesan Chicken Patty 16 Macaroni and Cheese Italian Vegetables Fresh Apple Wheat Bread/Milk	Sloppy Joe on Bun 17 Baked Beans Spinach Gingerbread Cookie Juice	Breaded Chicken Patty 18 Mashed Spiced Yams Squash Medley Fruited Lemon Gelatin Texas Bread/Milk	Ranchero Beef Patty 19 Lentil Vegetable Pilaf Broccoli Fresh Orange Wheat Bread/Juice	Chef Salad 20 Kidney Bean Salad Saltine Crackers Rice Crispy Bar Milk
Beef with Peppered Gravy 23 Garlic Whipped Potatoes Herbed Green Beans Fresh Orange Wheat Bread/Milk/Margarine	Soft Chicken Verde Taco 24 Cilantro Lime Rice Fiesta Vegetables Fig Bar Juice	Ham and Lima Beans* 25 Country Tomatoes Turnip Greens Fresh Apple Corn Muffin/Milk/Margarine	Spinach Turkey Meatballs 26 Orzo Pasta Catalina Vegetables Fruited Cherry Gelatin Breadstick/Juice/Margarine	Memorial Day Meal 27 Hamburger on Bun Lettuce and Tomato Tater Gems Peach Cobbler Milk/Mustard/Ketchup
30 CLOSED FOR HOLIDAY Please eat your shelf stable meal delivered to you last week	31 Meatballs/Tomato Sauce Rice Pilaf Ratatouille Nutty Buddy Bar Dinner Roll/Juice	Special Note: There will be no meal delivery on Thursday, May 5, 2016. We will be honoring our volunteers on this day. Please eat the shelf stable meal delivered to you the week before.		



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.



LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
2 Pollo glaseado de arce Puré de papas Mexcla de verduras Capri Manzana Pan de trigo/margarina Leche	3 Macarrones con carne Brócoli Tomates cocidos Galleta Pan de trigo Jugo	4 Pechuga de pavo Habas Lima Verduras del huerto Pudín Butterscotch Panecillo Leche	5 No hay entrega de comida Comete tu comida estable del estante entregado la semana pasada.	6 Cerdo asado cítrico* Puré de papas Espinaca Galleta de chocolate cremoso Panecillo Leche
9 Carne mechada Cajun Arroz Florentino Guisantes y zanahorias Naranja Panecillo/margarina Leche	10 Pollo al limón y pimienta Quinoa aromatizada Judías verdes Pudín de fresa Pan multigrano Jugo	11 Carne Salisbury Papas gratinadas Calabaza/calabacín/tomate Manzana Panecillo Leche	12 Pavo Pastrami Lechuga y tomate Ensalada tres frijoles Galleta de avena cremosa Pan de trigo (2) Jugo/mostaza	Comida del día de la madre 13 Carne Burgundy Puré de papas con cascara Brócoli y coliflor Pudín Mud Pie Panecillo Leche/margarina
16 Pollo parmesano Macarrones con queso Verduras italianas Manzana Pan de trigo Leche	17 Carne Sloppy Joe Frijoles horneados Espinacas Galleta de jengibre Pan de hamburguesa Jugo	18 Pollo horneado en su jugo Pue de batatas Mezcla de calabaza Gelatina sabor a limón Pan tejano Leche	19 Carne ranchera Pilaf de lentejas Brócoli Naranja Pan de trigo Jugo	20 Ensalada Chef* Ensalada de frijoles Kidney Barra de crispeta de arroz Galletas saltinas Leche
23 Carne de salsa pimienta Puré de papas con ajo Judías verdes aromatizada Naranja Pan de trigo Leche/margarina	24 Pollo verde en cubos Arroz al cilantro y limón Verduras festivas Barra de higo Tortilla de harina Jugo	25 Jamón con habas Lima* Tomates campestres Hojas de nabo Manzana Panecillo de maíz Leche/margarina	26 Albóndigas de pavo Pasta orzo Verduras Catalina Gelatina sabor a cereza Palitos de pan de trigo Jugo/margarina	Comida día de los caídos 27 Hamburguesa Lechuga y tomate Bolitas de papas Postre de durazno Pan de hamburguesa Leche/mostaza/cátsup
30 Día Festivo – Cerrado Comer tu comida estable del estante entregado la semana pasada	31 Albóndigas con salsa de Tomate Pilaf de arroz Ratatouille Barra Nutty Buddy Panecillo/jugo	Nota especial: No habrá ningún a entrega en jueves, 5 de mayo de 2016. En este día rendirá a nuestros voluntarios. Comete la comida estable del estante entrega da la semana anterior.		



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