

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Salisbury Steak 1 Delmonico Potatoes Mixed Vegetables Animal Crackers Wheat Bread/Milk	Queso Chicken 2 Cilantro Lime Tomato Rice Fiesta Vegetables Oreo Cookies Texas Bread/Milk	Glazed Ham* 3 Lima Beans Mixed Greens Fresh Apple Corn Muffin/Milk/Margarine	Turkey Pasta Bolognese 4 Country Tomatoes Green Beans Oatmeal Cream Cookie Texas Bread/Milk	Hamburger on Bun 5 Lettuce & Tomato Baked Beans Cranberry Crisp Milk/Mustard/Ketchup
Alfredo Chicken Meatballs 8 Penne Pasta Brussels Sprouts Chocolate Pie Parfait Wheat Bread/Milk	Turkey Rice Casserole 9 Broccoli Sliced Carrots Oatmeal Raisin Cookie Wheat Bread/Milk	Meatloaf w/ Brown Gravy 10 Scalloped Potatoes Herbed Green Beans Zee Zee Bar Dinner Roll/Milk	Three Cheese Baked Ziti 11 Whole Kernel Corn Country Tomatoes Fresh Orange Wheat Bread/Milk	Hamburger on Bun 12 Lettuce & Tomato Ranch Style Beans Hot Applesauce Milk/Mustard/Ketchup
Mexican Beef Casserole 15 Spanish Rice Green Beans Graham Crackers Wheat Bread/Milk	Breaded Chicken Patty 16 Mashed Spiced Yams Country Vegetables Sugar Cookie Wheat Bread/Milk	Ham & Pinto Beans* 17 Confetti Rice Medley Cabbage Fresh Apple Corn Muffin/Milk/Margarine	Honey Mustard Chicken 18 Twice Whipped Potatoes Peas & Carrots Nutty Buddy Bar Wheat Bread/Milk	Green Chile Hamburger 19 Lettuce & Tomato Ranch Style Beans Hot Spiced Peaches Milk/Mustard/Ketchup
BBQ Pork on Bun* 22 Macaroni & Cheese Medley Cabbage Orange Gelatin w/ Pineapple Milk	Cajun Beef Patty 23 Whipped Potatoes Catalina Vegetables Oatmeal Raisin Cookie Wheat Bread/Milk	Sloppy Joe on Bun 24 Crispy Cubed Potatoes Lemon Zest Broccoli Fudge Cream Cookie Milk	<i>Happy Thanksgiving!</i> 25 Turkey Breast w/ Gravy Cornbread Dressing Green Beans Almandine Pumpkin Pudding Dinner Roll/Milk/Margarine Cranberry Sauce	CLOSED FOR HOLIDAY <i>Please consume one of your shelf stable meals</i>
Smoked Sausage on Bun* 29 Scalloped Potatoes Garden Vegetables Raisins Milk	Marinara Chicken 30 Pesto Penne Pasta Italian Vegetables Chocolate Chip Cookie Texas 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.



*Note: *contains pork*

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