

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Chipotle BBQ Chicken 1 Macaroni & Cheese Glazed Carrots Fresh Apple Dinner Roll/Milk	Ham w/ Red Beans/Rice* 2 Herbed Green Peas Creole Tomatoes Chocolate Chip Cookie Texas Bread/Milk	Hamburger on Bun 3 Lettuce & Tomato Baked Beans Spiced Pineapple Tidbits Milk/Mustard/Ketchup
Turkey Rice Casserole 6 Green Peas Squash/Zucchini/Tomatoes Fresh Orange Multi Grain Bread/Milk	Curry Chicken 7 Egg Fried Rice Broccoli/Carrots/Onions Sugar Cookie Texas Bread/Milk	Salisbury Steak w/ Gravy 8 Mixed Beans Medley Cabbage Zee Zee Bar Dinner Roll/Milk	Breaded Chicken Piccata 9 Penne Pasta Pomodoro Italian Green Beans Lime Gelatin w/ Peaches Texas Bread/Milk	Turkey Breast w/ Gravy 10 Mashed Spiced Yams Spring Vegetables Oatmeal Cream Cookie Texas Bread/Milk
Parmesan Chicken 13 Penne Pasta w/ Asparagus Parsley Carrots Lemon Blueberry Crisp Wheat Bread/Milk	Swiss Steak 14 Garlic Whipped Potatoes Green Beans Fresh Apple Dinner Roll/Milk	Lemon Butter Pork Patty* 15 Dirty Rice Spinach Fudge Cream Cookie Wheat Bread/Milk	Turkey & Noodles 16 Broccoli Country Tomatoes Lime Gelatin w/ Peaches Wheat Bread/Milk	<i>Father's Day/Juneteenth Meal</i> 17 Hamburger on Bun Lettuce & Tomato Baked Beans Cranberry Crisp Milk/Mustard/Ketchup
BBQ Pork Ribette* 20 Macaroni & Cheese Green Beans Graham Crackers Wheat Bread/Milk	Creole Chicken 21 Red Beans & Rice Spinach Oatmeal Cream Cookie Wheat Bread/Milk	Country Fried Steak 22 Whipped Potatoes Mixed Vegetables Fresh Orange Dinner Roll/Milk	Swedish Chicken Meatballs 23 Green Peas Stewed Tomatoes Craisins Wheat Bread/Milk	Tuna Salad Sandwich 24 Cold Beet Salad Pasta Salad Chocolate Pudding Milk
Mexican Chicken Chili 27 Parsley Rice Sliced Carrots Chocolate Chip Cookie Wheat Bread/Milk	Beef Meatballs w/ Gravy 28 Penne Pasta Lemon Broccoli Fresh Apple Wheat Bread/Milk	Baked Chicken w/ Gravy 29 Delmonico Potatoes Italian Green Beans Fudge Cream Cookie Dinner Roll/Milk	Breaded Chicken Patty 30 Whole Kernel Corn Catalina Vegetables Cherry Gelatin w/ Pineapple 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.



214-689-2200

Note: *contains pork

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