

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BBQ Pork Ribette* <b>1</b> Macaroni & Cheese Green Beans Graham Crackers Wheat Bread/Milk	Creole Chicken <b>2</b> Red Beans & Rice Spinach Oatmeal Cream Cookie Wheat Bread/Milk	Country Fried Steak/Gravy <b>3</b> Whipped Potatoes Mixed Vegetables Fresh Orange Dinner Roll/Milk	Swedish Meatballs <b>4</b> Green Peas Stewed Tomatoes Craisins Wheat Bread/Milk	Tuna Salad Sandwich <b>5</b> Beet Salad Pasta Salad Chocolate Pudding Milk
Mexican Chicken Chili <b>8</b> Parsley Rice Sliced Carrots Chocolate Chip Cookie Wheat Bread/Milk	Meatballs w/ Gravy <b>9</b> Penne Pasta Broccoli Fresh Apple Wheat Bread/Milk	Chicken w/ Gravy <b>10</b> Delmonico Potatoes Italian Green Beans Zee Zee Bar Dinner Roll/Milk	Lemon Pepper Chicken <b>11</b> Whole Kernel Corn Catalina Vegetables Cherry Gelatin w/ Pineapple Wheat Bread/Milk	Hamburger on Bun <b>12</b> Lettuce & Tomato Ranch Style Beans Hot Cinnamon Applesauce Milk/Mustard/Ketchup
Texas Chili w/ Beans <b>15</b> Buttered Rice Green Beans Fresh Orange Saltine Crackers/Milk	Breaded Chicken w/ Gravy <b>16</b> Orzo Pasta Mixed Vegetables Fig Bar Dinner Roll/Milk	Meatloaf w/ Tomato Gravy <b>17</b> Whipped Potatoes Braised Carrots Lemon Berry Pudding Corn Muffin/Milk/Margarine	Mediterranean Chicken <b>18</b> Lemon Herb Pasta Broccoli Brownie Texas Bread/Milk	Smoked Sausage on Bun* <b>19</b> Lima Beans Okra & Tomatoes Orange Gelatin w/ Pineapple Milk/Mustard
Turley Pasta Bolognese <b>22</b> Whole Kernel Corn Green Beans Sugar Cookie Texas Bread/Milk	Beef w/ Mushroom Gravy <b>23</b> Confetti Rice Broccoli Fudge Cake Stick Wheat Bread/Milk	Chipotle BBQ Chicken <b>24</b> Macaroni & Cheese Glazed Carrots Fresh Apple Dinner Roll/Milk	BBQ Pork Ribette* <b>25</b> Herbed Green Peas Creole Tomatoes Chocolate Chip Cookie Texas Bread/Milk	Hamburger on Bun <b>26</b> Lettuce & Tomato Baked Beans Spiced Pineapple Tidbits Milk/Mustard/Ketchup
Turkey Broccoli Alfredo <b>29</b> Green Peas Squash/Zucchini/Tomatoes Fresh Orange Multi Grain Bread/Milk	Curry Chicken <b>30</b> Egg Fried Rice Broccoli/Carrots/Onion Sugar Cookie Texas Bread/Milk	Salisbury Steak w/ Gravy <b>31</b> Mixed Greens Medley Cabbage Nutty Buddy Bar 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 at [www.vnatexas.org](http://www.vnatexas.org).



214-689-2200

*Note: \*contains pork*

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