

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Chicken Piccata 1 Penne Pomodoro Italian Green Beans Fresh Orange Texas Bread/Juice	Turkey Breast w/ Gravy 2 Mashed Spiced Yams Spring Vegetables Oatmeal Cream Cookie Texas Bread/Milk
5 CLOSED FOR HOLIDAY Please consume your shelf stable meal delivered last week.	Homestyle Beef Casserole 6 Green Peas Rosemary Carrots Fresh Orange Wheat Bread/Milk	Breaded Chicken w/ Gravy 7 Garlic Whipped Potatoes Italian Green Beans Brownie Dinner Roll/Milk	Soft Turkey Taco 8 Bell Pepper Medley Mexican Rice Pound Cake Juice/Taco Sauce	Hamburger on Bun 9 Lettuce & Tomato Baked Beans Cranberry Crisp Milk/Mustard/Ketchup
Tukey & Noodles 12 Cauliflower Sliced Carrots Fudge Cream Cookie Wheat Bread/Milk	Chicken Meatballs 13 Parsley Rice Brussels Sprouts Graham Cracker Cookies Wheat Bread/Milk	Meatloaf w/ Gravy 14 Whipped Potatoes Herbed Green Beans Zee Zee Bar Dinner Roll/Milk	Cheesy Beef Ziti 15 Whole Kernel Corn Country Tomatoes Lime Gelatin w/ peaches Wheat Bread/Juice	Apricot Breaded Chicken 16 Mixed Beans Mixed Vegetables Creamsicle Pudding Wheat Bread/Milk
Chicken Chili 19 Dirty Rice Braised Carrots Strawberry Cereal Bar Saltine Crackers/Milk	BBQ Pork Ribette on Bun* 20 Black-Eyed Peas Broccoli Animal Crackers Milk	Swiss Steak 21 Whipped Potatoes Italian Green Beans Fresh Orange Dinner Roll/Milk	Breaded Chicken Marinara 22 Lemon Herb Pasta Italian Vegetables Lemon Gelatin w/ Mixed Fruit Texas Bread/Juice	Hamburger on Bun 23 Lettuce & Tomato Tater Gems Spiced Pineapple Tidbits Milk/Mustard/Ketchup
Polish Sausage on Bun* 26 Ranch Whipped Potatoes Garden Vegetables Graham Cracker Cookies Milk	Confetti Chicken 27 Yellow Rice Pinto Beans Oreo Cookies Texas Bread/Milk	Salisbury Steak 28 Whipped Potatoes Mixed Vegetables Animal Crackers Wheat Bread/Milk	Turkey Pasta Bolognese 29 Stewed Tomatoes Green Beans Oatmeal Cream Cookie Wheat Bread/Juice	Glazed Ham* 30 Lima Beans Spinach Fresh Apple Corn Muffin/Milk/Margarine

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.



Note: *contains pork

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