

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	BBQ Pork Ribette on Bun* <b>1</b> Black-Eyed Peas Broccoli Animal Crackers Milk	Swiss Steak <b>2</b> Whipped Potatoes Italian Green Beans Fresh Orange Dinner Roll/Milk	Marinara Breaded Chicken <b>3</b> Lemon Herb Pasta Italian Vegetables Lemon Gelatin w/ Mixed Fruit Texas Bread/Juice	Hamburger on Bun <b>4</b> Lettuce & Tomato Tater Gems Spiced Pineapple Tidbits Milk/Mustard/Ketchup
Polish Sausage on Bun* <b>7</b> Ranch Whipped Potatoes Garden Vegetables Graham Crackers Milk	Confetti Chicken <b>8</b> Yellow Rice Pinto Beans Oreo Cookies Texas Bread/Milk	Salisbury Steak w/ Gravy <b>9</b> Whipped Potatoes Mixed Vegetables Zee Zee Bar Wheat Bread/Milk	Turkey Pasta Bolognese <b>10</b> Stewed Tomatoes Green Beans Oatmeal Cream Cookie Wheat Bread/Juice	Glazed Ham* <b>11</b> Lima Beans Spinach Fresh Apple Corn Muffin/Milk/Margarine
Mexican Beef Casserole <b>14</b> Spanish Rice Green Beans Fig Bar Wheat Bread/Milk	Tuscan Chicken <b>15</b> Whipped Sweet Potatoes Country Vegetables Sugar Cookie Wheat Bread/Milk	Ham and Pinto Beans* <b>16</b> Confetti Rice Medley Cabbage Fresh Orange Corn Muffin/Milk/Margarine	Honey Mustard Chicken <b>17</b> Twice Whipped Potatoes Peas & Carrots Nutty Buddy Bar Wheat Bread/Juice	Hamburger on Bun <b>18</b> Lettuce & Tomato Ranch Beans Peach Cobbler Milk/Mustard/Ketchup
BBQ Chicken Patty <b>21</b> Macaroni & Cheese Medley Cabbage Fudge Cream Cookie Wheat Bread/Milk	Creole Beef Patty <b>22</b> Whipped Potatoes Catalina Vegetables Oreo Cookies Wheat Bread/Milk	Sloppy Joe on Bun <b>23</b> Tater Gems Lemon Zest Broccoli Orange Gelatin w/ Pineapple Milk	<i>Thanksgiving Meal</i> <b>24</b> Turkey Breast with Gravy Cornbread Stuffing Green Beans Amandine Pumpkin Pudding Dinner Roll/Cranberry Sauce Milk	<b>Closed for Holiday</b> <b>25</b>  <i>Please eat your shelf stable meal</i>
BBQ Pork Ribette* <b>28</b> Whole Kernel Corn Broccoli Sugar Cookie Wheat Bread/Milk	Homestyle Beef Casserole <b>29</b> Green Peas Rosemary Carrots Fresh Orange Wheat Bread/Milk	Breaded Chicken w/ Gravy <b>30</b> Garlic Whipped Potatoes Italian Green Beans Brownie 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.