

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Turkey Pasta Casserole 1 Green Beans Garden Vegetables Fudge Cream Cookie Texas Bread/Milk	Cajun Meatloaf 2 Dirty Rice Mixed Vegetables Graham Cracker Cookies Wheat Bread/Juice	BBQ Pork Ribette* 3 Black-Eyed Peas Mixed Greens Vanilla Pudding Corn Muffin/Milk/Margarine
Santa Fe Chicken 6 Cilantro Lime Corn Parsley Carrots Oatmeal Cream Cookie Wheat Bread/Milk	Soft Pork Taco* 7 Pinto Beans Mexican Rice Fresh Orange Milk	Salisbury Steak 8 Delmonico Potatoes Spring Vegetables Zee Zee Bar Wheat Roll/Milk	Breaded Chicken Sandwich 9 Orzo Pasta Broccoli Orange Gelatin w/ Pineapple Juice	Hamburger on Bun 10 Lettuce & Tomato Tater Gems Spiced Peaches Milk/Mustard/Ketchup
Polish Sausage on Bun* 13 Whole Kernel Corn Cabbage Fudge Cream Cookie Milk/Mustard	Beef Stroganoff 14 Green Beans Brussels Sprouts Chocolate Graham Crackers Wheat Bread/Milk	Lemon Caper Chicken 15 Whipped Potatoes Mixed Vegetables Fresh Apple Wheat Bread/Milk	Sloppy Joe on Bun 16 Mixed Beans Parsley Carrots Lime Gelatin w/ Pears Juice	Soft Turkey Taco 17 Yellow Rice Stewed Tomatoes Fig Bar Milk/Taco Sauce
Honey Garlic Chicken 20 Penne Pasta Green Beans Nutty Buddy Bar Wheat Bread/Milk	Sweet & Sour Meatballs 21 Jasmine Rice Chinese Cabbage Fresh Orange Wheat Bread/Milk	BBQ Pork Ribette* 22 Ranch Beans Parsley Carrots Animal Crackers Dinner Roll/Milk	Turkey Macaroni & Cheese 23 Whole Kernel Corn Country Tomatoes Oatmeal Cream Cookie Wheat Bread/Juice	Hamburger on Bun 24 Sliced Cheese Tater Tot Casserole Strawberry Swirl Pudding Milk/Mustard/Ketchup
Swiss Steak 27 White Rice Garden Vegetables Fresh Apple Wheat Bread/Milk	Cajun Chicken 28 Cabbage Sliced Carrots Fudge Cream Cookie 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 at www.vnatexas.org.



214-689-2639

Note: *contains pork

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