

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Meatloaf w/ Brown Gravy <b>1</b> Whipped Potatoes Italian Green Beans Strawberry Craisins Dinner Roll/Milk	Parmesan Chicken <b>2</b> Penne Pasta Mixed Vegetables Sugar Cookie Wheat Bread/Juice	Turkey Chili w/ Beans <b>3</b> Chuckwagon Corn Broccoli Graham Cracker Cookies Corn Muffin/Milk/Margarine
Lemon Pepper Chicken <b>6</b> Rice Florentine Whole Kernel Corn Brownie Wheat Bread/Milk	Country Fried Steak <b>7</b> Garlic Whipped Potatoes Catalina Vegetables Oatmeal Cream Cookie Wheat Bread/Milk	Baked Chicken w/ Gravy <b>8</b> Macaroni & Cheese Italian Green Beans Zee Zee Bar Dinner Roll/Milk	Chicken & Noodles <b>9</b> Broccoli Sliced Carrots Lemon Gelatin w/ Pineapple Texas Bread/Juice	Hamburger on Bun <b>10</b> Lettuce & Tomato Baked Beans Apple Crisp Milk/Mustard/Ketchup
Beef w/ Rosemary Gravy <b>13</b> Whipped Potatoes Broccoli & Carrots Fresh Apple Texas Bread/Milk	Veracruz Chicken <b>14</b> Penne Pasta Brussels Sprouts Nutty Buddy Bar Wheat Bread/Milk	Turkey Noodle Casserole <b>15</b> Green Beans Garden Vegetables Fudge Cream Cookie Texas Bread/Milk	Cajun Meatloaf <b>16</b> Dirty Rice Mixed Vegetables Graham Cracker Cookies Wheat Bread/Juice	<b>St. Patrick's Day Meal</b> <b>17</b> Polish Sausage* Delmonico Potatoes Steamed Cabbage Sugar Cookie Dinner Roll/Milk
Santa Fe Chicken <b>20</b> Cilantro Lime Corn Parsley Carrots Oatmeal Cream Cookie Wheat Bread/Milk	Pork Carnitas Taco* <b>21</b> Pinto Beans Mexican Rice Flour Tortilla Fresh Orange/Milk	Salisbury Steak w/ Gravy <b>22</b> Delmonico Potatoes Spring Vegetables Animal Crackers Wheat Roll/Milk	Honey Mustard Chicken <b>23</b> Orzo Pasta Broccoli Orange Gelatin w/ Pineapple Hamburger Bun/Juice	Hamburger on Bun <b>24</b> Lettuce & Tomato Tater Gems Spiced Peaches Milk/Mustard/Ketchup
Polish Sausage on Bun* <b>27</b> Whole Kernel Corn Cabbage Fudge Cream Cookie Milk/Mustard	Turkey Pastrami & Swiss <b>28</b> Lettuce & Tomato Cold Pickled Beets Chocolate Graham Crackers Wheat Bread (2)/Milk/Mustard	<b>29</b> <b>CLOSED FOR SPECIAL EVENT</b> <b>(please consume your shelf stable meal)</b>	Sloppy Joe on Bun <b>30</b> Mixed Beans Parsley Carrots Lime Gelatin w/ Pears Juice	Soft Turkey Taco <b>31</b> Yellow Rice Stewed Tomatoes Fig Bar Milk/Taco Sauce

**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).



214-689-2639

Note: \*contains pork

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