

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Chili <span style="float: right;">1</span> Parsley Rice Sliced Carrots Fresh Apple Wheat Bread/Milk	Meatballs Pomodoro <span style="float: right;">2</span> Penne Pasta Broccoli Animal Crackers Wheat Bread/Milk	Breaded Chicken w/ Gravy <span style="float: right;">3</span> Delmonico Potatoes Italian Green Beans Fudge Cream Cookie Dinner Roll/Milk	Turkey Macaroni/Cheese <span style="float: right;">4</span> Whole Kernel Corn Catalina Vegetables Cherry Gelatin w/ Pineapple Wheat Bread/Juice	<i>Cinco De Mayo Meal</i> <span style="float: right;">5</span> Soft Beef Taco Mexican Rice Fiesta Vegetables Brownie Milk/Taco Sauce
BBQ Pork Ribette* <span style="float: right;">8</span> Macaroni & Cheese Green Beans Graham Cracker Cookies Wheat Bread/Milk	Creamy Paprika Chicken <span style="float: right;">9</span> Red Beans & Rice Seasoned Cabbage Oatmeal Cream Cookie Wheat Bread/Milk	Swiss Steak <span style="float: right;">10</span> Whipped Potatoes Mixed Vegetables Zee Zee Bar Dinner Roll/Milk	Creamy Caper Chicken <span style="float: right;">11</span> Lentils Stewed Tomatoes Craisins Wheat Bread/Juice	<i>Mother's Day Meal</i> <span style="float: right;">12</span> Rosemary Beef Patty Rice Florentine Glazed Carrots Creamsicle Pudding Dinner Roll/Milk
Turkey Pasta Bolognese <span style="float: right;">15</span> Whole Kernel Corn Green Beans Fudge Cream Cookie Texas Bread/Milk	Rosemary Beef Patty <span style="float: right;">16</span> Confetti Rice Broccoli Animal Crackers Wheat Bread/Milk	Polish Sausage on Bun* <span style="float: right;">17</span> Chili Beans Stewed Tomatoes Strawberry Gelatin w/ Peaches Milk	Lemon Pepper Chicken <span style="float: right;">18</span> Macaroni & Cheese Sliced Carrots Fresh Apple Dinner Roll/Juice	Hamburger on Bun <span style="float: right;">19</span> Sliced Cheese Baked Beans Hot Pineapple Tidbits Milk/Mustard/Ketchup
Beef Chili w/ Beans <span style="float: right;">22</span> Buttered Rice Green Beans Fresh Orange Club Crakers/Milk	Swedish Meatballs <span style="float: right;">23</span> Orzo Pasta Mixed Vegetables Lemon Blueberry Crisp Dinner Roll/Milk	Meatloaf w/ Tomato Gravy <span style="float: right;">24</span> Whipped Potatoes Beef Braised Carrots Orange Gelatin w/ Pineapple Wheat Bread/Milk	Mushroom Wine Chicken <span style="float: right;">25</span> Lemon Herb Pasta Broccoli Fig Bar Texas Bread/Juice	Smoked Sausage/Bun* <span style="float: right;">26</span> Baked Beans Sliced Carrots Brownie Milk/Mustard
<b>Closed for Holiday</b> <span style="float: right;">29</span>  <b>Please consume one of your shelf stable meals</b>	Sausage/Onion/Peppers* <span style="float: right;">30</span> Cajun Rice Turnip Greens Fudge Cream Cookie Texas Bread/Milk	Breaded Chicken/Gravy <span style="float: right;">31</span> Garlic Whipped Potatoes Green Beans Fresh Apple 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).



214-689-2639

**Note: \*contains pork**

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