

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Turkey Tetrazzini 1 Broccoli Country Tomatoes Lime Gelatin with Peaches Wheat Bread/Juice	Hamburger on Bun 2 Lettuce & Tomato Baked Beans Hot Apples & Pineapple Milk/Mustard/Ketchup
Mediterranean Meatballs 5 Parsley Rice Green Beans Fresh Orange Wheat Bread/Milk	Thai Chili Chicken 6 Fried Rice Broccoli/Carrots/Onions Fortune Cookie Wheat Bread/Milk	Salisbury Steak 7 Mixed Beans Medley Cabbage Nutty Buddy Bar Dinner Roll/Milk	Chicken Piccata 8 Penne Pomodoro Green Beans w/ Onions Chocolate Pudding Wheat Bread/Juice	Meatloaf w/ Brown Gravy 9 Whipped Potatoes Spring Vegetables Fig Bar Texas Bread/Milk
Chicken Chili 12 Parsley Rice Sliced Carrots Fresh Apple Wheat Bread/Milk	Pomodoro Meatballs 13 Penne Pasta Broccoli Animal Crackers Milk	Breaded Chicken/Gravy 14 Delmonico Potatoes Italian Green Beans Zee Zee Bar Dinner Roll/Milk	Turkey Macaroni & Cheese 15 Whole Kernel Corn Catalina Vegetables Cherry Gelatin w/ Pineapple Wheat Bread/Juice	Juneteenth & Father's Day Meal 16 Hamburger on Bun Sliced Cheese Ranch Beans Apple Crisp Milk/Mustard/Ketchup
BBQ Pork Ribette* 19 Macaroni & Cheese Green Beans Graham Crackers Wheat Bread/Milk	Creamy Paprika Chicken 20 Red Beans & Rice Cabbage Oatmeal Cream Cookie Wheat Bread/Milk	Swiss Steak 21 Whipped Potatoes Mixed Vegetables Fresh Orange Dinner Roll/Milk	Creamy Caper Chicken 22 Lentils Stewed Tomatoes Craisins Wheat Bread/Juice	Tuna Salad Sandwich 23 Beet Salad Pasta Salad Lemon Gelatin w/ Fruit Milk
Turkey Pasta Bolognese 26 Whole Kernel Corn Green Beans Fudge Cream Cookie Texas Bread/Milk	Rosemary Beef Patty 27 Confetti Rice Broccoli Animal Crackers Wheat Bread/Milk	Polish Sausage on Bun* 28 Chili Beans Stewed Tomatoes Strawberry Gelatin w/ Fruit Milk	Lemon Pepper Chicken 29 Macaroni & Cheese Sliced Carrots Fresh Apple Dinner Roll/Juice	Hamburger on Bun 30 Sliced Cheese Ranch Beans Hot Pineapple Tidbits Milk/Mustard/Ketchup

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.