

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Meatloaf w/ Brown Gravy 1 Whipped Potatoes Spring Vegetables Fig Bar Texas Bread/Milk
4 CLOSED FOR HOLIDAY Please consume your shelf stable meal delivered last week.	Soft Pork Carnita Taco* 5 Spanish Rice Pinto Beans Chocolate Chip Cookie Milk/Taco Sauce	Steakhouse Beef Patty 6 Whipped Potatoes Mixed Vegetables Chocolate Graham Cookies Wheat Bread/Milk	Turkey Pastrami Sandwich 7 Pasta Salad Marinated Carrots Nutty Buddy Bar Juice/Mustard	Hamburger on Bun 8 Lettuce & Tomato Baked Beans Hot Cinnamon Applesauce Milk/Mustard/Ketchup
Swedish Meatballs 11 Pasta Shells Country Tomatoes Fresh Apple Texas Bread/Milk	Ancho Lime Chicken 12 Charro Beans Broccoli Fudge Cream Cookie Wheat Bread/Milk	Meatloaf w/ Tomato Gravy 13 Whipped Potatoes Garden Vegetables Zee Zee Bar Dinner Roll/Milk	Polish Sausage* 14 Whole Kernel Corn Green Beans Cherry Gelatin w/ Peaches Texas Bread/Juice	Soft Beef Taco 15 Mexican Rice Glazed Carrots Brownie Milk/Taco Sauce
Breaded Chicken Patty 18 Delmonico Potatoes Broccoli Oatmeal Cream Cookie Wheat Bread/Milk	Turkey Pasta Bolognese 19 Green Beans Spring Vegetables Oreo Cookies Texas Bread/Milk	Grilled Chicken Patty 20 Parsley Rice Glazed Carrots Fresh Orange Dinner Roll/Milk	Honey Glazed Ham* 21 Black-Eyed Peas Cabbage Orange Gelatin w/ Fruit Corn Muffin/Juice	Cheeseburger on Bun 22 Mustard & Ketchup Ranch Beans Hot Pineapple Tidbits Milk
Polish Sausage on Bun* 25 Southern Style Grits Spinach Fig Bar Milk	Breaded Chicken 26 Black-Eyed Peas Broccoli Fresh Apple Texas Bread/Milk	Swiss Steak 27 Whipped Potatoes Italian Green Beans Nutty Buddy Bar Dinner Roll/Milk	Chicken & Dumplings 28 Lentils Okra & Tomatoes Craisins Wheat Bread/Juice	Glazed Ham* 29 Chili Beans Glazed Carrots Lime Gelatin w/ Oranges 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.



Note: *contains pork

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