

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Hamburger on Bun Lettuce & Tomato Baked Beans Hot Cinnamon Applesauce Milk/Mustard/Ketchup 1
Swedish Meatballs Pasta Shells Country Tomatoes Fresh Apple Texas Bread/Milk 4	Ancho Lime Chicken Charro Beans Broccoli Fudge Cream Cookie Wheat Bread/Milk 5	Meatloaf w/ Gravy Whipped Potatoes Garden Vegetables Fig Bar Dinner Roll/Milk 6	Polish Sausage* Rice Florentine Green Beans Cherry Gelatin w/ Peaches Texas Bread/Juice 7	Italian Beef Macaroni Whole Kernel Corn Dilled Carrots Strawberry Craisins Texas Bread/Milk 8
Breaded Chicken Patty Delmonico Potatoes Broccoli Oatmeal Cream Cookie Wheat Bread/Milk 11	Turkey Pasta Bolognese Green Beans Spring Vegetables Oreo Cookies Texas Bread/Milk 12	Grilled Chicken Patty Parsley Rice Sliced Carrots Zee Zee Bar Dinner Roll/Milk 13	Honey Glazed Ham* Black-Eyed Peas Cabbage Orange Gelatin w/ Fruit Corn Muffin/Juice 14	Cheeseburger on Bun Ranch Beans Hot Pineapple Tidbits Mustard/Ketchup Milk 15
Polish Sausage on Bun* Southern Style Grits Tangy Spinach Fig Bar Milk 18	Chicken Piccata Black-Eyed Peas Broccoli Fresh Apple Texas Bread/Milk 19	Swiss Steak Whipped Potatoes Italian Green Beans Nutty Buddy Bar Dinner Roll/Milk 20	Chicken & Dumplings Lentils Okra & Tomatoes Craisins Wheat Bread/Juice 21	Christmas Meal Turkey Breast w/ Gravy Cornbread Dressing Mixed Vegetables Ambrosia Pudding Dinner Roll/Milk 22
Closed for Holiday 25 Please consume your shelf stable meal	Beef w/ Vegetable Gravy Whipped Potatoes Catalina Vegetables Fresh Orange Wheat Bread/Milk 26	Turkey Rice Casserole Whole Kernel Corn Parsley Carrots Nutty Buddy Bar Texas Bread/Milk 27	Creole Chicken Cajun Rice Brussels Sprouts Strawberry Gelatin w/ Fruit Corn Muffin/Juice 28	New Year's Meal Honey Glazed Ham* Black-Eyed Peas Medley Cabbage Brownie Dinner Roll/Milk 29

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.