

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Grilled Chicken Patty 1 Parsley Rice Glazed Carrots Fresh Orange Dinner Roll/Milk	Honey Glazed Ham* 2 Black-Eyed Peas Cabbage Orange Gelatin w/ Fruit Corn Muffin/Juice	Cheeseburger on Bun 3 Ranch Beans Hot Pineapple Tidbits Mustard/Ketchup Milk
Polish Sausage on Bun* 6 Southern Style Grits Spinach Fig Bar Milk	7 NO MEAL DELIVERY <i>(Please consume your shelf stable meal)</i>	Swiss Steak 8 Whipped Potatoes Italian Green Beans Zee Zee Bar Dinner Roll/Milk	Chicken & Dumplings 9 Lentils Okra & Tomatoes Craisins Wheat Bread/Juice	Glazed Ham* 10 Chili Beans Glazed Carrots Lime Gelatin w/ Oranges Wheat Bread/Milk
Breaded Chicken Patty 13 Macaroni & Cheese Green Beans Lemon Blueberry Crisp Wheat Bread/Milk	Beef w/ Vegetable Gravy 14 Whipped Potatoes Catalina Vegetables Fresh Orange Wheat Bread/Milk	Turkey Rice Casserole 15 Whole Kernel Corn Parsley Rice Nutty Buddy Bar Texas Bread/Milk	Creole Chicken 16 Cajun Rice Brussels Sprouts Strawberry Gelatin w/ Fruit Corn Muffin/Juice	Hamburger on Bun 17 Lettuce & Tomato Baked Beans Oranges & Pineapple Milk/Mustard/Ketchup
BBQ Pork Ribette* 20 Lentils Creole Tomatoes Fresh Apple Wheat Bread/Milk	Soft Chicken Fajita Taco 21 Mexican Rice Chili Beans Nutty Buddy Bar Milk	Salisbury Steak 22 Ranch Whipped Potatoes Herbed Green Beans Oreo Cookies Dinner Roll/Milk	Thanksgiving Meal Turkey Breast w/ Gravy 23 Cornbread Dressing Mixed Vegetables Chocolate Pie Parfait Dinner Roll/Milk	24 NO MEAL DELIVERY <i>(Please consume your shelf stable meal)</i>
Breaded Chicken Marsala 27 Penne Pasta Brussels Sprouts Fresh Orange Wheat Bread/Milk	Soft Pork Carnita Taco* 28 Spanish Rice Pinto Beans Chocolate Chip Cookie Milk/Taco Sauce	Steakhouse Beef Patty 29 Whipped Potatoes Mixed Vegetables Chocolate Graham Cookies Milk	Turkey Pastrami Sandwich 30 Pasta Salad Marinated Carrots Nutty Buddy Bar Juice/Mustard	

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.



214-689-2639

Note: *contains pork

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