

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Texas Chili w/ Beans 1 Whole Kernel Corn Creamed Spinach Cherry Gelatin w/ Pineapple Saltine Crackers/Juice	BBQ Pork Ribette* 2 Black-Eyed Peas Steamed Cabbage Brownie Corn Muffin/Milk/Margarine
Turkey Bolognese 5 Green Beans Cauliflower Fudge Cream Cookie Texas Bread/Milk	BBQ Breaded Chicken 6 Chuckwagon Corn Brussels Sprouts Fresh Orange Wheat Bread/Milk	Cajun Meatloaf 7 Garlic Whipped Potatoes Mixed Vegetables Cinnamon Graham Crackers Texas Bread/Milk	Sausage/Onion/Peppers* 8 Yellow Rice Broccoli Raisins Wheat Bread/Juice	Hamburger on Bun 9 Lettuce & Tomato Baked Beans Hot Spiced Peaches Milk/Mustard/Ketchup
Beef Meatballs 12 Orzo Pilaf Garden Vegetables Raisins Texas Bread/Milk	Soft Turkey Taco 13 Pinto Beans Cheesy Mexican Tomatoes Fresh Apple Milk/Taco Sauce	Meatloaf w/ Brown Gravy 14 Whipped Potatoes Italian Green Beans Zee Zee Bar Dinner Roll/Milk	Chicken Chili 15 Whole Kernel Corn Brussels Sprouts Strawberry Swirl Pudding Saltine Crackers/Juice	Breaded Pork Patty* 16 Parsley Rice Baby Carrots Chocolate Graham Crackers Wheat Bread/Milk
Breaded Chicken Piccata 19 Lentils Broccoli Fresh Orange Wheat Bread/Milk	Steakhouse Beef Patty 20 Delmonico Potatoes Steamed Cabbage Fig Bar Texas Bread/Milk	BBQ Pork Ribette* 21 Macaroni & Cheese Spring Vegetables Animal Crackers Dinner Roll/Milk	Turkey Tetrazzini 22 Herbed Green Beans Glazed Carrots Chocolate Mousse Wheat Bread/Juice	Hamburger on Bun 23 Lettuce & Tomato Baked Beans Hot Rosy Applesauce Milk/Mustard/Ketchup
Polish Sausage on Bun* 26 Seasoned Cubed Potatoes Parsley Carrots Cinnamon Graham Crackers Milk/Mustard	Tomatillo Chicken 27 Seasoned Black Beans Stewed Tomatoes Fudge Cream Cookie Wheat Bread/Milk	Swiss Steak 28 Garlic Whipped Potatoes Mixed Vegetables Fresh Apple Wheat Bread/Milk	Chicken Enchiladas 29 Charro Beans Mexican Corn Oatmeal Cream Cookie Wheat Bread/Juice	

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.