

| MONDAY                                                                                                | TUESDAY                                                                                                            | WEDNESDAY                                                                                                                 | THURSDAY                                                                                                                       | FRIDAY                                                                                                                              |
|-------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|
|                      |                                                                                                                    |                                                                                                                           |                                                                                                                                | Turkey Pasta Casserole <b>1</b><br>Black-Eyed Peas<br>Broccoli<br>Lime Gelatin w/ Pears<br>Wheat Bread/Milk                         |
| Bruschetta Meatballs <b>4</b><br>Penne Pasta<br>Summer Vegetables<br>Fresh Orange<br>Texas Bread/Milk | Soft Pork Carnita* <b>5</b><br>Charro Beans<br>Ole Mixed Vegetables<br>Chocolate Graham Cookies<br>Milk/Taco Sauce | Turkey Breast w/ Gravy <b>6</b><br>Confetti Rice<br>Glazed Carrots<br>Oatmeal Cream Cookie<br>Texas Bread/Milk            | Breaded Chicken Patty <b>7</b><br>Whipped Potatoes<br>Lemon Broccoli<br>Lemon Gelatin w/ Peaches<br>Wheat Bread/Juice          | Cheeseburger on Bun <b>8</b><br>Ranch Beans<br>Hot Pineapple Tidbits<br>Mustard/Ketchup<br>Milk                                     |
| Three Cheese Ziti <b>11</b><br>Country Tomatoes<br>Broccoli<br>Fresh Apple<br>Texas Bread/Milk        | Salisbury Steak w/ Gravy <b>12</b><br>White Rice<br>Catalina Vegetables<br>Craisins<br>Wheat Bread/Milk            | Baked Chicken w/ Gravy <b>13</b><br>Twice Whipped Potatoes<br>Italian Green Beans<br>Zee Zee Bar<br>Dinner Roll/Milk      | Texas Chili w/ Beans <b>14</b><br>Barley Casserole<br>Creamed Spinach<br>Cherry Gelatin w/ Pineapple<br>Saltine Crackers/Juice | <i>St. Patrick's Day Meal</i> <b>15</b><br>Polish Sausage on Bun*<br>Delmonico Potatoes<br>Steamed Cabbage<br>Oreo Cookies<br>Milk  |
| Turkey Bolognese <b>18</b><br>Green Beans<br>Cauliflower<br>Fudge Cream Cookie<br>Texas Bread/Milk    | BBQ Breaded Chicken <b>19</b><br>Chuckwagon Corn<br>Brussels Sprouts<br>Fresh Orange<br>Wheat Bread/Milk           | Cajun Meatloaf <b>20</b><br>Garlic Whipped Potatoes<br>Broccoli & Carrots<br>Cinnamon Graham Crackers<br>Texas Bread/Milk | Sausage/Onion/Peppers* <b>21</b><br>Yellow Rice<br>Broccoli<br>Raisins<br>Wheat Bread/Juice                                    | Hamburger on Bun <b>22</b><br>Lettuce & Tomato<br>Baked Beans<br>Hot Spiced Peaches<br>Milk/Mustard/Ketchup                         |
| Beef Meatballs <b>25</b><br>Orzo Pilaf<br>Garden Vegetables<br>Raisins<br>Texas Bread/Milk            | Soft Turkey Taco <b>26</b><br>Pinto Beans<br>Cheesy Mexican Tomatoes<br>Fresh Apple<br>Milk/Taco Sauce             | Meatloaf w/ Brown Gravy <b>27</b><br>Whipped Potatoes<br>Italian Green Beans<br>Brownie<br>Dinner Roll/Milk               | Chicken Chili <b>28</b><br>Whole Kernel Corn<br>Brussels Sprouts<br>Strawberry Swirl Pudding<br>Saltine Crackers/Juice         | <i>Easter Meal</i> <b>29</b><br>Honey Glazed Ham*<br>Whipped Sweet Potatoes<br>Mixed Vegetables<br>Sugar Cookie<br>Dinner Roll/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](http://www.vnatexas.org).



Note: \*contains pork

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