

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beef Meatballs 1 Penne Pasta Herbed Green Beans Fresh Orange Texas Bread/Milk	Chicken Enchilada Soup 2 Mexican Rice Stewed Tomatoes Oatmeal Cream Cookie Milk	Salisbury Steak 3 Mashed Potatoes Italian Green Beans Nutty Buddy Bar Dinner Roll/Milk	<div style="text-align: center;"> 4 <p>Closed for Event</p> <p><i>Please consume one of your shelf stable meals</i></p> </div>	Hamburger on Bun 5 Lettuce & Tomato Baked Beans Hot Cinnamon Applesauce Milk/Mustard/Ketchup
Breaded Chicken Patty 8 Orzo Pasta Brussels Sprouts Fresh Apple Wheat Bread/Milk	Soft Turkey Taco 9 Charro Beans Ole Mixed Vegetables Sugar Cookie Milk/Taco Sauce	Breaded Pork Patty* 10 Parsley Rice Sliced Carrots Zee Zee Bar Wheat Bread/Milk	Texas Chili w/ Beans 11 Oven Roasted Potatoes Spinach Fig Bar Saltine Crackers/Juice	Lemon Caper Chicken 12 Lentils Country Tomatoes Cinnamon Swirl Pudding Wheat Bread/Milk
Swedish Meatballs 15 Rice Florentine Broccoli Cinnamon Graham Crackers Texas Bread/Milk	Glazed Ham* 16 Lima Beans Okra & Tomatoes Fresh Orange Corn Muffin/Milk	Meatloaf w/ Tomato Gravy 17 Delmonico Potatoes Peas & Carrots Fudge Cream Cookie Dinner Roll/Milk	Turkey Pasta Casserole 18 Cauliflower Brussels Sprouts Lemon Gelatin w/ Peaches Texas Bread/Juice	Cheeseburger on Bun 19 Ranch Beans Hot Pineapple Tidbits Mustard/Ketchup Milk
Tarragon Chicken 22 Mixed Beans Tangy Spinach Oatmeal Cream Cookie Wheat Bread/Milk	Rosemary Beef Patty 23 Whipped Potatoes Catalina Vegetables Cinnamon Graham Crackers Wheat Bread/Milk	Polish Sausage* 24 Baked Beans Medley Cabbage Fresh Apple Texas Bread/Milk	Beef Stroganoff 25 Broccoli Cauliflower Craisins Texas Bread/Juice	BBQ Pork Ribette* 26 Green Beans Glazed Carrots Cherry Gelatin w/ Fruit Texas Bread/Milk
Turkey Tetrizzini 29 Green Peas Stewed Tomatoes Sugar Cookie Wheat Bread/Milk	Chicken Chili 30 Corn O'Brien Sliced Carrots Fresh Orange Saltine Crackers/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.



214-689-2639

Note: *contains pork

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