

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Swiss Steak 1 Garlic Whipped Potatoes Italian Green Beans Oreo Cookies Dinner Roll/Milk	Italian Chicken Breast 2 Confetti Rice Brussels Sprouts Orange Gelatin w/ Pineapple Texas Bread/Juice	<i>Cinco de Mayo Meal</i> 3 Soft Beef Taco Pinto Beans Fiesta Vegetables Pina Colada Pudding Milk/Taco Sauce
Mediterranean Meatballs 6 Lentils Parsley Carrots Strawberry Craisins Wheat Bread/Milk	Steakhouse Beef Patty 7 Whipped Potatoes Herbed Green Beans Fresh Apple Wheat Bread/Milk	Breaded Chicken Patty 8 Rotini & Tomatoes California Vegetables Zee Zee Bar Texas Bread/Milk	Sausage/Onion/Peppers* 9 Kidney Beans Spinach Chocolate Graham Crackers Corn Muffin/Juice	Turkey & Dumplings 10 Broccoli Cauliflower Lime Gelatin w/ Pears Texas Bread/Milk
Soft Pork Carnita Taco* 13 Spanish Rice Pinto Beans Sugar Cookie Milk	Dijon Breaded Chicken 14 Black-Eyed Peas Garlic Parmesan Cauliflower Fresh Orange Texas Bread/Milk	BBQ Pork Ribette* 15 Macaroni & Cheese Spring Vegetables Cinnamon Graham Crackers Dinner Roll/Milk	Turkey Pastrami Sandwich 16 Lettuce & Tomato Herbed Potato Salad Oatmeal Cream Cookie Juice	Cheeseburger on Bun 17 Baked Beans Pineapple Cobbler Mustard/Ketchup Milk
Chicken Alfredo 20 Lemon Brussels Sprouts Sliced Carrots Fresh Apple Wheat Bread/Milk	Beef & Bean Burrito 21 Mexican Rice Mexican Style Tomatoes Fudge Cream Cookie Milk	Baked Chicken w/ Gravy 22 Twice Whipped Potatoes Herbed Green Beans Strawberry Craisins Dinner Roll/Milk	Italian Beef Macaroni 23 Whole Kernel Corn Broccoli Animal Crackers Texas Bread/Juice	<i>Memorial Day Meal</i> 24 BBQ Pork Ribette* Ranch Beans Summer Vegetables Brownie Dinner Roll/Milk
CLOSED FOR HOLIDAY Please consume your shelf stable meal 27	Chicken Enchilada Soup 28 Mexican Rice Stewed Tomatoes Oatmeal Cream Cookie Milk	Salisbury Steak w/ Gravy 29 Mashed Potatoes Italian Green Beans Nutty Buddy Bar Dinner Roll/Milk	Turkey Pasta Bolognese 30 Broccoli Parsley Carrots Strawberry Gelatin w/ Fruit Texas Bread/Juice	Hamburger on Bun 31 Lettuce & Tomato Baked Beans Hot Cinnamon Applesauce Milk/Mustard/Ketchup

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.