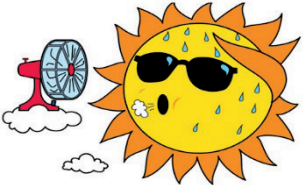


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Texas Chili w/ Beans 1 Oven Roasted Potatoes Spinach Fig Bar Saltine Crackers/Juice	Lemon Caper Chicken 2 Lentils Country Tomatoes Cinnamon Swirl Pudding Wheat Bread/Milk
Swedish Meatballs 5 Rice Florentine Broccoli Cinnamon Graham Crackers Texas Bread/Milk	Glazed Ham* 6 Lima Beans Okra & Tomatoes Fresh Orange Corn Muffin/Milk	Meatloaf w/ Tomato Gravy 7 Delmonico Potatoes Peas & Carrots Fudge Cream Cookie Dinner Roll/Milk	Turkey Macaroni/Cheese 8 Cauliflower Brussels Sprouts Lemon Gelatin w/ Peaches Texas Bread/Juice	Cheeseburger on Bun 9 Ranch Beans Hot Pineapple Tidbits Mustard/Ketchup Milk
Tarragon Chicken 12 Mixed Beans Spinach Oatmeal Cram Cookie Wheat Bread/Milk	Rosemary Beef Patty 13 Whipped Potatoes Catalina Vegetables Cinnamon Graham Crackers Wheat Bread/Milk	Polish Sausage* 14 Baked Beans Medley Cabbage Zee Zee Bar Texas Bread/Milk	Beef Stroganoff 15 Broccoli Cauliflower Craisins Texas Bread/Juice	BBQ Pork Ribette* 16 Green Beans Glazed Carrots Cherry Gelatin w/ Fruit Texas Bread/Milk
Turkey Tetrzzini 19 Mixed Vegetables Stewed Tomatoes Sugar Cookie Wheat Bread/Milk	Chicken Chili 20 Corn O'Brien Sliced Carrots Fresh Orange Saltine Crackers/Milk	Swiss Steak 21 Garlic Whipped Potatoes Italian Green Beans Oreo Cookies Dinner Roll/Milk	Baked Chicken 22 Confetti Rice Brussels Sprouts Orange Gelatin w/ Pineapple Texas Bread/Juice	Hamburger on Bun 23 Lettuce & Tomato Ranch Beans Peach Cobbler Milk/Mustard/Ketchup
Chicken Meatballs 26 Lentils Parsley Carrots Strawberry Craisins Wheat Bread/Milk	Steakhouse Beef Patty 27 Whipped Potatoes Herbed Green Beans Fresh Apple Wheat Bread/Milk	Breaded Chicken Patty 28 Rotini & Tomatoes California Vegetables Fudge Cream Cookie Texas Bread/Milk	Sausage/Onion/Peppers* 29 Kidney Beans Spinach Chocolate Graham Crackers Corn Muffin/Juice	Turkey & Dumplings 30 Broccoli Cauliflower Lime Gelatin w/ Pears Texas Bread/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.



Note: *contains pork

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