

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Cajun Breaded Chicken <b>1</b> Lima Beans Okra & Tomatoes Fresh Orange Texas Bread/Milk	Swiss Steak <b>2</b> Whipped Potatoes Italian Green Beans Fudge Cream Cookie Dinner Roll/Milk	<b>3</b> <b>CLOSED FOR FUNDRAISER EVENT</b>  <i>Please consume of your shelf stable meals</i>	Hamburger on Bun <b>4</b> Lettuce & Tomato Hot Cinnamon Applesauce Mustard/Ketchup Milk
Breaded Chicken Marinara <b>7</b> Orzo Pasta Herbed Brussels Sprouts Fresh Apple Wheat Bread/Milk	Soft Turkey Taco <b>8</b> Charro Beans Ole Mixed Vegetables Craisins Milk/Taco Sauce	Breaded Pork Patty* <b>9</b> Parsley Rice Sliced Carrots Soft Baked Nutrition Bar Wheat Bread/Milk	Texas Chili w/ Beans <b>10</b> Oven Roasted Potatoes Spinach Fig Bar Saltine Crackers/Juice	Romesco Baked Chicken <b>11</b> Pasta Florentine Country Tomatoes Chocolate Pudding Wheat Bread/Milk
Turkey Tetrizzini <b>14</b> Country Vegetables Stewed Tomatoes Sugar Cookie Wheat Bread/Milk	Chicken Chili <b>15</b> Corn O'Brien Sliced Carrots Fresh Orange Club Crackers/Milk	Swiss Steak <b>16</b> Garlic Whipped Potatoes Italian Green Beans Oreo Cookie Dinner Roll/Milk	Baked Chicken Breast <b>17</b> Confetti Rice Brussels Sprouts Orange Gelatin w/ Pineapple Texas Bread/Juice	<b>Easter Meal</b> <b>18</b> Glazed Ham* Whipped Sweet Potatoes Catalina Vegetables Mud Pie Pudding Dinner Roll/Milk
Chicken Meatballs <b>21</b> Northern Beans Parsley Carrots Cherry Craisins Texas Bread/Milk	Steakhouse Beef Patty <b>22</b> Whipped Potatoes Herbed Green Beans Fresh Apple Wheat Bread/Milk	Breaded Chicken Picatta <b>23</b> Rotini & Tomatoes California Vegetables Nutty Buddy Bar Dinner Roll/Milk	Polish Sausage* <b>24</b> Kidney Beans Spinach Chocolate Graham Crackers Corn Muffin/Juice	Turkey & Dumplings <b>25</b> Sliced Carrots Cauliflower Lime Gelatin w/ Pears Texas Bread/Milk
Beef Meatballs <b>28</b> Rice Florentine Broccoli Cinnamon Graham Crackers Texas Bread/Milk	Glazed Ham* <b>29</b> Lima Beans Okra & Tomatoes Fresh Orange Corn Muffin/Milk	Meatloaf w/ Tomato Gravy <b>30</b> Delmonico Potatoes Peas & Carrots Oatemeal Cream Cookie 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).



214-689-2639

Note: \*contains pork

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