

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Turkey Macaroni/Cheese <b>1</b> Cauliflower Brussels Sprouts Lemon Gelatin w/ Peaches Texas Bread/Juice	Cheeseburger on Bun <b>2</b> Ranch Beans Hot Pineapple Tidbits Mustard/Ketchup Milk
<b>Cinco De Mayo Meal</b> <b>5</b> Soft Beef Taco Pinto Beans Fiesta Vegetables Sugar Cookie Milk/Taco Sauce	<b>6</b> Chicken Alfredo Brussels Sprouts Sliced Carrots Fresh Apple Wheat Bread/Milk	<b>7</b> Italian Beef Casserole Whole Kernel Corn Broccoli Oatmeal Cream Cookie Texas Bread/Milk	<b>8</b> Baked Chicken w/ Gravy Whipped Potatoes Herbed Green Beans Strawberry Craisins Texas Bread/Juice	<b>9</b> Polish Sausage on Bun* Baked Beans Mixed Vegetables Lemon Gelatin w/ Peaches Milk/Mustard
<b>12</b> Soft Pork Carnita Taco* Spanish Rice Pinto Beans Sugar Cookie Milk	<b>13</b> Breaded Chicken Patty Black-Eyed Peas Garlic Parmesan Cauliflower Fresh Orange Texas Bread/Milk	<b>14</b> BBQ Pork Ribette* Macaroni & Cheese Spring Vegetables Soft Baked Nutrition Bar Dinner Roll/Milk	<b>15</b> Turkey Pastrami on Rye Lettuce & Tomato Herbed Potato Salad Nutty Buddy Bar Juice	<b>16</b> Hamburger on Bun Lettuce & Tomato Baked Beans Pineapple Cobbler Milk/Mustard/Ketchup
<b>19</b> Baked Chicken Mixed Beans Tangy Spinach Oatmeal Cream Cookie Wheat Bread/Milk	<b>20</b> Rosemary Beef Patty Whipped Potatoes Catalina Vegetables Fig Bar Wheat Bread/Milk	<b>21</b> Polish Sausage on Bun* Baked Beans Medley Cabbage Fresh Apple Milk	<b>22</b> Beef Stroganoff Broccoli Sliced Carrots Craisins Texas Bread/Juice	<b>Memorial Day Meal</b> <b>23</b> BBQ Pork Ribette* Rice Florentine Summer Vegetables Brownie Dinner Roll/Milk
<b>26</b> <b>CLOSED FOR HOLIDAY</b>  <b>Please consume your shelf stable meal</b>	<b>27</b> Chicken Enchilada Soup Mexican Rice Stewed Tomatoes Oatmeal Cream Cookie Milk	<b>28</b> Salisbury Steak w/ Gravy Whipped Potatoes Italian Green Beans Chocolate Chip Cookie Dinner Roll/Milk	<b>29</b> Turkey Pasta Bolognese Broccoli Parsley Carrots Fruited Strawberry Gelatin Texas Bread/Juice	<b>30</b> Hamburger on Bun 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](http://www.vnatexas.org).



Note: \*contains pork

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