

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Chicken Alfredo Brussels Sprouts Sliced Carrots Fresh Apple Wheat Bread/Milk	2 Italian Beef & Macaroni Whole Kernel Corn Broccoli Oatmeal Cream Cookie Texas Bread/Milk	<i>Independence Day Meal</i> 3 Hot Dog on Bun Oven Roasted Potatoes Coleslaw Apple Cobbler Milk/Mustard	4 CLOSED FOR HOLIDAY <i>Please consume one of your shelf stable meals</i>
7 Soft Pork Carnita Taco* Spanish Rice Pinto Beans Sugar Cookie Milk	8 Breaded Chicken Patty Black-Eyed Peas Garlic Parmesan Cauliflower Fresh Orange Texas Bread/Milk	9 BBQ Pork Ribette* Macaroni & Cheese Spring Vegetables Soft Baked Nutrition Bar Dinner Roll/Milk	10 Turkey Pastrami on Rye Lettuce & Tomato Herbed Potato Salad Nutty Buddy Bar Juice	11 Hamburger on Bun Lettuce & Tomato Baked Beans Pineapple Cobbler Milk/Mustard/Ketchup
14 Tarragon Baked Chicken Mixed Beans Spinach Oatmeal Cream Cookie Wheat Bread/Milk	15 Rosemary Beef Patty Whipped Potatoes Catalina Vegetables Fig Bar Wheat Bread/Milk	16 Polish Sausage on Bun* Baked Beans Medley Cabbage Fresh Apple Milk	17 Beef Stroganoff Broccoli Sliced Carrots Craisins Texas Bread/Juice	18 Pesto Baked Chicken Green Beans Glazed Carrots Fruited Cherry Gelatin Texas Bread/Milk
21 Beef Meatballs Penne Pasta Spring Vegetables Fresh Orange Texas Bread/Milk	22 Chicken Enchilada Soup Mexican Rice Stewed Tomatoes Oatmeal Cream Cookie Milk	23 Salisbury Steak w/ Gravy Whipped Potatoes Italian Green Beans Chocolate Chip Cookie Dinner Roll/Milk	24 Turkey Pasta Bolognese Broccoli Parsley Carrots Fruited Strawberry Gelatin Texas Bread/Juice	25 Glazed Ham* Whipped Potatoes Mixed Vegetables Cinnamon Swirl Pudding Dinner Roll/Milk
28 Breaded Pork Patty* Parsley Rice Sliced Carrots Chocolate Graham Crackers Wheat Bread/Milk	29 Soft Turkey Taco Charro Beans Ole Mixed Vegetables Craisins Milk/Taco Sauce	30 Breaded Chicken Marinara Orzo Pasta Herbed Brussels Sprouts Fresh Apple Wheat Bread/Milk	31 Texas Chili w/ Beans Oven Roasted Potatoes Spinach Fig Bar Saltine Crackers/Juice	

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.