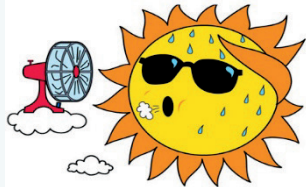


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Romesco Chicken Pasta Florentine Country Tomatoes Chocolate Pudding Wheat Bread/Milk 1
Turkey Tetrzzini 4 Country Vegetables Stewed Tomatoes Sugar Cookie Wheat Bread/Milk	Chicken Chili 5 Corn O'Brien Sliced Carrots Fresh Orange Club Crackers/Milk	Swiss Steak 6 Garlic Whipped Potatoes Italian Green Beans Oreo Cookies Dinner Roll/Milk	Baked Chicken 7 Confetti Rice Brussels Sprouts Orange Gelatin w/ Pineapple Texas Bread/Juice	Hamburger on Bun 8 Lettuce & Tomato Ranch Beans Peach Crisp Milk/Mustard/Ketchup
Chicken Meatballs 11 Northern Beans Parsley Carrots Cherry Craisins Texas Bread/Milk	Steakhouse Beef Patty 12 Whipped Potatoes Herbed Green Beans Fresh Apple Wheat Bread/Milk	Breaded Chicken Patty 13 Rotini & Tomatoes California Vegetables Nutrition Bar Dinner Roll/Milk	Smoked Sausage* 14 Kidney Beans Spinach Chocolate Graham Crackers Corn Muffin/Juice	Turkey & Dumplings 15 Sliced Carrots Cauliflower Lime Gelatin w/ Pears Texas Bread/Milk
Beef Meatballs 18 Rice Florentine Broccoli Cinnamon Graham Crackers Texas Bread/Milk	Glazed Hamn* 19 Lima Beans Okra & Tomatoes Fresh Orange Corn Muffin/Milk	Meatloaf w/ Tomato Gravy 20 Delmonico Potatoes Peas & Carrots Oatmeal Cream Cookie Dinner Roll/Milk	Turkey Macaroni/Cheese 21 Cauliflower Brussels Sprouts Lemon Gelatin w/ Peaches Texas Bread/Juice	Cheeseburger on Bun 22 Ranch Beans Hot Pineapple Tidbits Mustard/Ketchup Milk
Soft Turkey Taco 25 Mexican Rice Mexican Style Tomatoes Fudge Cream Cookie Milk	Chicken Alfredo 26 Brussels Sprouts Sliced Carrots Fresh Apple Wheat Bread/Milk	Italian Beef Macaroni 27 Whole Kernel Corn Broccoli Oatmeal Cream Cookie Texas Bread/Milk	Baked Chicken w/ Gravy 28 Whipped Potatoes Herbed Green Beans Strawberry Craisins Texas Bread/Juice	Polish Sausage on Bun* 29 Baked Beans Mixed Vegetables Lemon Gelatin w/ Peaches Milk/Mustard

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.