

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Closed for Holiday Please consume one of your shelf stable meals	2 Breaded Chicken Patty Black-Eyed Peas Garlic Parmesan Cauliflower Fresh Orange Texas Bread/Milk	3 BBQ Pork Ribette* Macaroni & Cheese Spring Vegetables Lemon Pudding Dinner Roll/Milk	4 Turkey Pastrami on Rye Lettuce & Tomato Herbed Potato Salad Nutty Buddy Bar Juice	5 Hamburger on Bun Lettuce & Tomato Baked Beans Pineapple Cobbler Milk/Mustard/Ketchup
8 Baked Tarragon Chicken Mixed Beans Tangy Spinach Oatmeal Cream Cookie Wheat Bread/Milk	9 Rosemary Beef Patty Whipped Potatoes Catalina Vegetables Fig Bar Wheat Bread/Milk	10 Polish Sausage on Bun* Baked Beans Medley Cabbage Nutrition Bar Milk	11 Beef Stroganoff Broccoli Sliced Carrots Craisins Texas Bread/Juice	12 Pesto Baked Chicken Green Beans Sliced Carrots Cherry Gelatin w/ Fruit Texas Bread/Milk
15 Beef Meatballs Penne Pasta Spring Vegetables Fresh Orange Texas Bread/Milk	16 Soft Chicken Taco Charro Beans Mexican Style Tomatoes Sugar Cookie Milk/Taco Sauce	17 Salisbury Steak w/ Gravy Whipped Potatoes Italian Green Beans Chocolate Chip Cookie Dinner Roll/Milk	18 Turkey Pasta Bolgonese Broccoli Parsley Carrots Strawberry Gelatin w/ Fruit Texas Bread/Juice	19 Hamburger on Bun Lettuce & Tomato Baked Beans Hot Cinnamon Applesauce Milk/Mustard/Ketchup
22 Breaded Pork Patty* Parsley Rice Sliced Carrots Chocolate Graham Crackers Wheat Bread/Milk	23 Soft Turkey Taco Charro Beans Ole Mixed Vegetables Craisins Milk/Taco Sauce	24 Breaded Chicken Marinara Orzo Pasta Herbed Brussels Sprouts Fresh Apple Wheat Bread/Milk	25 Texas Chili w/ Beans Oven Roasted Potatoes Spinach Fig Bar Saltine Crackers/Juice	26 Baked Romesco Chicken Pasta Florentine Country Tomatoes Chocolate Pudding Wheat Bread/Milk
29 Turkey Tetrizzini Country Vegetables Stewed Tomatoes Sugar Cookie Wheat Bread/Milk	30 Chicken Chili Corn O'Brien Sliced Carrots Fresh Orange Club Crackers/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.