

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beef Stroganoff 2 Broccoli Glazed Carrots Fresh Orange Texas Bread/Milk	Chicken Breast 3 Brown Rice Cauliflower Cinnamon Graham Crackers Multigrain Bread/Milk	Meatloaf w/ Brown Gravy 4 Twice Whipped Potatoes Herbed Green Beans Nutty Buddy Bar Dinner Roll/Milk	Turkey Spaghetti 5 Brussels Sprouts Country Tomatoes Butterscotch Pudding Wheat Bread/Juice	Hamburger on Bun 6 Lettuce & Tomato Baked Beans Peach Cobbler Milk/Mustard/Ketchup
Turkey Pasta Bolognese 9 Glazed Carrots Herbed Green Beans Fig Bar Texas Bread/Milk	Beef Meatballs 10 Delmonico Potatoes Mixed Greens Fresh Apple Multigrain Bread/Milk	Baked Chicken 11 Parsley Rice Catalina Vegetables Nutrition Bar Dinner Roll/Milk	Savory Beef Casserole 12 Broccoli Medley Cabbage Cherry Gelatin w/ Peaches Multigrain Bread/Juice	Honey Glazed Turkey 13 Penne Florentine Parmesan Tomatoes Chocolate Chip Cookie Texas Bread/Milk
BBQ Pork Ribette* 16 Ranch Whipped Potatoes Broccoli & Cauliflower Chocolate Chip Cookie Wheat Bread/Milk	Chicken Meatballs 17 Pesto Penne Pasta Spinach Fresh Orange Texas Bread/Milk	Spanish Beef Patty 18 Mexican Rice Calabasa Squash Fudge Cream Cookie Texas Bread/Milk	Turkey Macaroni/Cheese 19 Lentils Sliced Carrots Cherry Gelatin w/ Mixed Fruit Wheat Bread/Juice	Hamburger on Bun 20 Lettuce & Tomato Ranch Beans Pineapple Cobbler Milk/Mustard/Ketchup
Chicken Enchilada Soup 23 Spanish Rice Mexican Style Tomatoes Fudge Cream Cookie Milk	Italian Beef Macaroni 24 Broccoli Sliced Carrots Fresh Apple Texas Bread/Milk	Polish Sausage on Bun* 25 Chili Beans Spinach Cherry Craisins Milk	Sloppy Joe on Bun 26 Roasted Potatoes Mixed Vegetables Orange Gelatin w/ Fruit Juice	Breaded Chicken 27 Chuckwagon Corn Green Beans Oreo Cookies Texas Bread/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.