

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Meatloaf w/ Brown Gravy <b>1</b> Twice Whipped Potatoes Herbed Green Beans Nutty Buddy Bar Dinner Roll/Milk	Turkey Spaghetti <b>2</b> Brussels Sprouts Country Tomatoes Butterscotch Pudding Wheat Bread/Juice	Hamburger on Bun <b>3</b> Lettuce & Tomato Baked Beans Apple Cobbler Milk/Mustard/Ketchup
Chicken Meatballs <b>6</b> Dirty Rice Parsley Carrots Cherry Craisins Texas Bread/Milk	Steakhouse Beef Patty <b>7</b> Whipped Potatoes Herbed Green Beans Fresh Apple Wheat Bread/Milk	Breaded Chicken Patty <b>8</b> Rotini & Tomatoes California Vegetables Soft Baked Nutrition Bar Dinner Roll/Milk	<b>CLOSED FOR FUNDRAISER EVENT <b>9</b></b>  <b>Please consume your shelf stable meal delivered last week</b>	Turkey Noodle Casserole <b>10</b> Sliced Carrots Cauliflower Lime Gelatin w/ Pears Texas Bread/Milk
Turkey Tetrazzini <b>13</b> Country Vegetables Stewed Tomatoes Sugar Cookie Wheat Bread/Milk	Chicken Chili <b>14</b> Corn O'Brien Sliced Carrots Fresh Orange Club Crackers/Milk	Swiss Steak w/ Gravy <b>15</b> Garlic Whipped Potatoes Italian Green Beans Oreo Cookies Dinner Roll/Milk	Baked Chicken <b>16</b> Confetti Rice Brussels Sprouts Orange Gelatin w/ Pineapple Texas Bread/Juice	Hamburger on Bun <b>17</b> Lettuce & Tomato Ranch Beans Peach Cobbler Milk/Mustard/Ketchup
Baked Chicken <b>20</b> Pesto Penne Pasta Tangy Spinach Oatmeal Cream Cookie Wheat Bread/Milk	Rosemary Beef Patty <b>21</b> Whipped Potatoes Catalina Vegetables Fig Bar Wheat Bread/Milk	Polish Sausage on Bun* <b>22</b> Baked Beans Medley Cabbage Fresh Apple Milk	Beef Stroganoff <b>23</b> Broccoli Sliced Carrots Craisins Texas Bread/Juice	Chef Salad <b>24</b> Corn Salad Mixed Fruit Club Crackers Milk
Beef Meatballs <b>27</b> Rice Florentine Broccoli Cinnamon Graham Crackers Texas Bread/Milk	Glazed Ham* <b>28</b> Lima Beans Okra & Tomatoes Fresh Orange Corn Muffin/Milk	Meatloaf w/ Tomato Gravy <b>29</b> Delmonico Potatoes Peas & Carrots Oatmeal Cream Cookie Dinner Roll/Milk	Turkey Macaroni/Cheese <b>30</b> Cauliflower Brussels Sprouts Lemon Gelatin w/ Peaches Texas Bread/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](http://www.vnatexas.org).



214-689-2639

Note: \*contains pork

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