

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mongolian Beef Meatballs 2 Broccoli Glazed Carrots Fresh Orange Texas Bread/Milk	Breaded Chicken Patty 3 Chuckwagon Corn Broccoli & Carrots Fresh Orange Texas Bread/Milk	Swiss Steak 4 Whipped Potatoes Italian Green Beans Fudge Cream Cookie Dinner Roll/Milk	Glazed Ham* 5 Macaroni & Cheese Okra & Tomatoes Lime Gelatin w/ Pineapple Wheat Bread/Juice	Hamburger on Bun 6 Lettuce & Tomato Baked Beans Hot Cinnamon Applesauce Milk/Mustard/Ketchup
Breaded Chicken Patty 9 Penne Pasta Country Tomatoes Fresh Apple Wheat Bread/Milk	Soft Pork Carnita Taco* 10 Pinto Beans Peas & Carrots Sugar Cookie Milk/Taco Sauce	Chicken Breast w/ Gravy 11 Twice Whipped Potatoes Lemon Broccoli Nutrition Bar Dinner Roll/Milk	Beef Chili w/ Beans 12 White Rice Spinach Strawberry Gelatin w/ Pears Saltine Crackers/Juice	BBQ Chicken on Bun 13 Lettuce & Tomato Ranch Beans Hot Spiced Fruit Milk
Meatloaf w/ Gravy 16 Delmonico Potatoes Brussels Sprouts Brownie Texas Bread/Milk	<i>St. Patrick's Day Meal</i> 17 Polish Sausage* Whipped Potatoes Medley Cabbage Oreo Cookies Dinner Roll/Milk/Margarine	Soft Beef Picadillo Taco 18 Charro Beans Mexican Rice Sugar Cookie Milk/Taco Sauce	Baked Chicken Breast 19 Orzo Pasta Okra & Tomatoes Oatmeal Cream Cookie Corn Muffin/Juice/Margarine	Hamburger on Bun 20 Lettuce & Tomato Ranch Beans Peach Cobbler Milk/Mustard/Ketchup
Breaded Chicken Patty 23 Penne Pasta w/ Tomatoes Lemon Broccoli Fresh Apple Texas Bread/Milk	BBQ Beef Meatballs 24 White Rice Ginger Carrots Oatmeal Cream Cookie Wheat Bread/Milk	Country Fried Steak 25 Garlic Whipped Potatoes Herbed Green Beans Strawberry Craisins Dinner Roll/Milk	Salisbury Steak w/ Gravy 26 Black-Eyed Peas Creole Tomatoes Animal Crackers Wheat Bread/Juice	Soft Turkey Taco 27 Pinto Beans Ole Mixed Vegetables Lemon Strawberry Pudding Texas Bread/Milk
Beef Stroganoff 30 Broccoli Glazed Carrots Fresh Orange Texas Bread/Milk	Baked Chicken Breast 31 Brown Rice Garlic Parmesan Cauliflower Cinnamon Graham Crackers Multigrain 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.



214-689-2639

Note: *contains pork

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