

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Meatballs 1 Dirty Rice Parsley Carrots Cherry Craisins Texas Bread/Milk	Steakhouse Beef Patty 2 Whipped Potatoes Herbed Green Beans Fresh Apple Wheat Bread/Milk	Breaded Chicken Patty 3 Rotini & Tomatoes California Vegetables Nutty Buddy Bar Dinner Roll/Milk	Cheese Omelet w/ Salsa 4 Pinto Beans Spinach Cinnamon Applesauce Biscuit/Juice	Turkey Noodle Casserole 5 Sliced Carrots Cauliflower Lime Gelatin w/ Pears Texas Bread/Milk
Turkey Tetrazzini 8 Country Vegetables Stewed Tomatoes Sugar Cookie Wheat Bread/Milk	Chicken Chili 9 Corn O'Brien Sliced Carrots Fresh Orange Club Crackers/Milk	Swiss Steak 10 Garlic Whipped Potatoes Italian Green Beans Nutrition Bar Dinner Roll/Milk	Breaded Chicken Patty 11 Confetti Rice Brussels Sprouts Orange Gelatin w/ Pineapple Texas Bread/Juice	Hamburger on Bun 12 Lettuce & Tomato Ranch Beans Peach Cobbler Milk/Mustard/Ketchup
Tarragon Chicken Breast 15 Pest Penne Pasta Tangy Spinach Oatmeal Cream Cookie Wheat Bread/Milk	Rosemary Beef Patty 16 Whipped Potatoes Catalina Vegetables Fig Bar Wheat Bread/Milk	Polish Sausage on Bun* 17 Baked Beans Medley Cabbage Fresh Apple Milk	<i>Juneteenth Meal</i> 18 BBQ Chicken Macaroni & Cheese Green Beans Strawberry Lemon Pudding Dinner Roll/Milk	Chef Salad 19 Corn Salad Mixed Fruit Club Crackers Milk
Beef Meatballs 22 Rice Florentine Broccoli Cinnamon Graham Crackers Texas Bread/Milk	Glazed Ham* 23 Lima Beans Okra & Tomatoes Fresh Orange Corn Muffin/Milk	Meatloaf w/ Tomato Gravy 24 Delmonico Potatoes Peas & Carrots Oatmeal Cream Cookie Dinner Roll/Milk	Turkey Macaroni/Cheese 25 Cauliflower Brussels Sprouts Lemon Gelatin w/ Peaches Texas Bread/Juice	Hamburger on Bun 26 Lettuce & Tomato Ranch Beans Hot Pineapple Tidbits Milk/Mustard/Ketchup
Baked Chicken w/ Gravy 29 Whipped Potatoes Herbed Green Beans Strawberry Craisins Texas Bread/Milk	Soft Turkey Taco 30 Mexican Rice Mexican Style Tomatoes Fudge Cream Cookie Milk/Taco Sauce			

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.