

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Chicken & Rice Stir Fry 1 Sliced Carrots Sweet & Sour Cabbage Fresh Apple Milk	<i>Independence Day Meal</i> Smoked Sausage on Bun 2 Oven Roasted Potatoes Coleslaw Apple Cobbler Milk/Mustard	3 CLOSED FOR HOLIDAY Please consume one of your shelf stable meals
Breaded Chicken Patty 6 Orzo Pasta Herbed Brussels Sprouts Fresh Apple Wheat Bread/Milk	Soft Beef Picadillo Taco 7 Charro Beans Ole Mixed Vegetables Craisins Milk	Breaded Pork Cutlet* 8 Parsley Rice Sliced Carrots Nutrition Bar Wheat Bread/Milk	Baked Chicken Breast 9 Pesto Penne Pasta Country Tomatoes Chocolate Pudding Wheat Bread/Juice	Salmon Croquette 10 Whipped Potatoes Herbed Green Beans Nutty Buddy Bar Wheat Bread/Milk
Soft Pork Carnita Taco* 13 Spanish Rice Pinto Beans Sugar Cookie Milk	Breaded Chicken Patty 14 Black-Eyed Peas Cauliflower w/ Red Peppers Fresh Orange Texas Bread/Milk	BBQ Pork Ribette* 15 Macaroni & Cheese Peas & Carrots Cherry Gelatin w/ Fruit Dinner Roll/Milk	Chicken Spinach Salad 16 Sliced Pickled Beets Club Crackers Strawberry Applesauce Juice	Hamburger on Bun 17 Lettuce & Tomato Baked Beans Pineapple Cobbler Milk/Mustard/Ketchup
Beef Meatballs 20 Penne Pasta Spring Vegetables Fresh Orange Texas Bread/Milk	Chicken Enchilada Soup 21 Mexican Rice Stewed Tomatoes Oatmeal Cream Cookie Milk	Salisbury Steak w/ Gravy 22 Whipped Potatoes Italian Green Beans Chocolate Chip Cookie Dinner Roll/Milk	Turkey Pasta Bolognese 23 Broccoli Parsley Carrots Strawberry Gelatin w/ Fruit Texas Bread/Juice	Pineapple Glazed Ham* 24 Whipped Potatoes Mixed Vegetables Cinnamon Swirl Pudding Dinner Roll/Milk
Chicken Meatballs 27 Confetti Rice Parsley Carrots Cherry Craisins Texas Bread/Milk	Steakhouse Beef Patty 28 Whipped Potatoes Herbed Green Beans Fresh Apple Wheat Bread/Milk	Breaded Chicken Patty 29 Rotini & Tomatoes California Vegetables Nutty Buddy Bar Dinner Roll/Milk	Cheese Omelet w/ Salsa 30 Pinto Beans Spinach Cinnamon Applesauce Biscuit/Juice	Turkey Noodle Casserole 31 Sliced Carrots Cauliflower Lime Gelatin w/ Pears 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.



214-689-2639

Note: *contains pork

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