

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Meatloaf~ Cajun Sauce Country Potatoes Lima Beans Wheat Bread Creamsicle Pudding Milk 1	Turkey Pastrami Swiss Cheese Tri-Color Pasta Salad Coleslaw Hoagie Bun Fresh Orange Milk 2	Breaded Chicken w/Gravy~ Broccoli Rice Casserole Cabbage Cornbread Fruited Strawberry Gelatin Milk Margarine 3
Chicken Meatballs~ Onion Gravy Delmonico Potatoes Garden Vegetable Blend Wheat Bread Fresh Orange Milk 6	Chicken Enchilada Casserole Cilantro Lime Rice Catalina Vegetable Blend Dinner Roll Fig Bar Milk 7	Hamburger Patty~ Sliced Cheese Lettuce and Tomato Potato Wedges Hamburger Bun Birthday Cake Ice Cream/Milk  8	Sliced Ham* Swiss Cheese Lettuce and Tomato Black Bean Salad Croissant Fruited Cherry Gelatin Milk 9	Turkey Supreme Spinach California Vegetable Blend Dinner Roll Ambrosia Pudding Milk 10
Cheese Ravioli w/Meat Sauce Broccoli Carrots Wheat Bread Chocolate Pudding Milk 13	Sliced Turkey Breast Cranberry Orange Sauce Scalloped Potatoes Mixed Vegetables Multi Grain Bread Chocolate Chip Cookie Milk 14	Taco Meat w/Cheese Lettuce and Tomato Pinto Beans Flour Tortilla Pineapple Tidbits Milk Taco Sauce 15	Chicken Salad Corn Salad Cucumber Salad Kaiser Roll Fruited Lime Gelatin Milk 16	St. Patrick's Day Meal Irish Beef Stew Tossed Salad Italian Green Beans Dinner Roll Lime Fluff Milk, Ranch Salad Dressing 17
Turkey Rice Casserole Green Peas Stewed Tomatoes Multi Grain Bread Butterscotch Swirl Pudding Milk 20	Honey Mustard Chicken~ Northern Beans Spinach Texas Bread Ranger Cookie Milk 21	Swiss Steak~ Twice Whipped Potatoes Spring Vegetable Blend Dinner Roll Fresh Orange Milk 22	Diced Chicken Parmesan Cheese Tossed Salad Wheat Pita Pocket Banana Milk Caesar Salad Dressing 23	BBQ Rib Patty*~ Potato Salad Italian Green Beans Dinner Roll Apple Cobbler Milk 24
Southwest Beef~ Whole Kernel Corn Capri Vegetable Blend Wheat Bread Chocolate Pudding Milk 27	Chicken Stroganoff Carrots Broccoli Dinner Roll Lemon Swirl Pudding Milk 28	Baked Meatballs w/Gravy~ Bowtie Pasta w/Red Peppers Garden Vegetable Blend Dinner Roll Fruited Strawberry Gelatin Milk 29	Sliced Turkey Breast Cheddar Cheese Lettuce and Tomato Texas Caviar Wheat Tortilla Fruited Cherry Gelatin Milk 30	Ham and Lima Beans* Buttered Rice Mixed Greens Cornbread Fresh Apple Milk 31

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.



* - Contains Pork; ~ - Contains Soy
972-780-5073

Note: *contains pork

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