

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Turkey Pot Pie <b>3</b> Whole Kernel Corn Cold Pickled Beets Dinner Roll Fresh Orange Milk	Beef Pepper Steak~ <b>4</b> Brown Gravy Mashed Sweet Potatoes Green Beans Wheat Bread Marble Pudding Milk	Oven Fried Chicken Thigh <b>5</b> Macaroni and Cheese Broccoli Dinner Roll Fruited Lime Gelatin Milk	Chicken Salad <b>6</b> Lettuce and Tomato Mixed Bean Salad Wheat Pita Pocket Peanut Butter Cookie Milk	Frankfurter w/Chili* <b>7</b> Shredded Cheese & Diced Onions Potato Salad Baked Beans Hot Dog Bun
Salisbury Beef~ <b>10</b> Brown Gravy Whipped Potatoes Spinach Wheat Bread Fresh Apple Milk	Turkey Tetrizzini <b>11</b> Tossed Salad Carrots Dinner Roll Gingerbread Cookie Milk Italian Salad Dressing	Meatloaf~ <b>12</b> Cajun Sauce Country Potatoes Lima Beans Wheat Bread Birthday Cake Ice Cream 	Turkey Pastrami <b>13</b> Swiss Cheese Tri-Color Pasta Salad Coleslaw Hoagie Bun Fresh Orange Milk, Mustard	 <b>14</b>
Chicken Meatballs~ <b>17</b> Onion Gravy Delmonico Potatoes Garden Vegetable Blend Wheat Bread Fresh Orange Milk	Chicken Enchilada Casserole <b>18</b> Cilantro Lime Rice Catalina Vegetable Blend Dinner Roll Fig Bar Milk	Hamburger Patty~ <b>19</b> Sliced Cheese Lettuce and Tomato Potato Wedges Hamburger Bun Hot Spiced Apples Milk, Mayonnaise, Mustard	Sliced Ham* <b>20</b> Swiss Cheese Lettuce and Tomato Black Bean Salad Croissant Fruited Cherry Gelatin Milk, Mustard	Turkey Supreme <b>21</b> Spinach California Vegetable Blend Dinner Roll Ambrosia Pudding Milk
Cheese Ravioli w/Meat Sauce <b>24</b> Broccoli Carrots Wheat Bread Chocolate Pudding Milk	Sliced Turkey Breast <b>25</b> Cranberry Orange Sauce Scalloped Potatoes Mixed Vegetables Multi Grain Bread Chocolate Chip Cookie Milk	Taco Meat w/Cheese <b>26</b> Lettuce and Tomato Pinto Beans Flour Tortilla Pineapple Tidbits Milk Taco Sauce	Chicken Salad <b>27</b> Corn Salad Cucumber Salad Kaiser Roll Fruited Lime Gelatin Milk	Smoked Sausage <b>28</b> Cajun Rice Okra and Tomatoes Cornbread Fresh Apple Milk Margarine

**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  
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