

LUNCH

July 2017

D.L. HOPKINS JR. SENIOR CENTER

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|--|--|
| 26 | 27 | 28 | 29 | 30 |
| Independence Day Meal Hot Dog Potato Wedges Country Corn Hot Dog Bun Chocolate Cake Milk, Mustard and Relish | In celebration of Independence Day  We will be closed on July 4th | Sliced Ham * Black-Eyed Peas Spinach Cornbread Strawberry Applesauce Milk Margarine | Crabmeat & Macaroni Salad Cucumber Salad Glazed Fruit Club Crackers Sugar Cookie Apple Juice | Meatloaf w/Cajun Sauce ~ Rice Florentine Squash, Zucchini & Tomatoes Wheat Bread Mud Pie Pudding Milk |
| Beef Patty w/Mushroom Gravy ~ Delmonico Potatoes Spring Vegetable Blend Dinner Roll Oatmeal Cream Cookie Milk | Cheesy Chicken Macaroni Green Peas w/Red Peppers Cabbage Multi Grain Bread Strawberry Fruited Gelatin Milk Margarine | Roast Beef w/Gravy Parslied Rice Broccoli Dinner Roll Birthday Cake Ice Cream Milk | Chef Salad * Cold Pickled Beets Saltine Crackers Lemon Pudding Milk Ranch Salad Dressing | Turkey Spaghetti Casserole Creole Corn Green Beans Dinner Roll Fresh Banana Milk |
| Breaded Chicken w/Gravy Chuckwagon Corn Broccoli Wheat Bread Peanut Butter Cookie Milk | Swedish Meatballs ~ Egg Noodles Tossed Salad Wheat Bread Fresh Apple Milk Italian Salad Dressing | Cranberry Dijon Chicken Thigh Brussels Sprouts Carrots Wheat Bread Lime Fruited Gelatin Milk | Sliced Turkey Breast Swiss Cheese Couscous Salad Broccoli Salad Wheat Tortilla Chocolate Pudding Milk, Mustard | Cuban Shredded Pork Hashbrown Potatoes Spinach Hamburger Bun Fresh Banana Milk |
| Beef w/Burgundy Sauce ~ Scalloped Potatoes Carrots Dinner Roll Nutty Buddy Milk | Christmas in July Meal Baked Chicken Thigh Cornbread Dressing Brussels Sprouts w/Lemon Sauce Dinner Roll Ambrosia Pudding, Milk | BBQ Pork Rib Patty ~ Potato Salad Italian Green Beans Hamburger Bun Peach Cobbler Milk | Sliced Ham * Swiss Cheese Lettuce and Tomato Macaroni Salad Kaiser Roll Oatmeal Cookie Milk | Chicken Fajita Pinto Beans Spanish Rice Wheat Tortilla Creamsicle Pudding Milk Taco Sauce |
| Turkey Cannelloni Casserole Italian Vegetable Blend Whole Kernel Corn Texas Bread Fresh Orange Milk | 31 <div style="border: 1px solid black; padding: 5px; display: inline-block;"> <p>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.</p> </div> | | | |



972-780-5073

Note: *contains pork

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