

LUNCH

June 2017

D.L. HOPKINS JR. SENIOR CENTER

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|---|
| 29 | 30 | 31 | 1 | 2 |
| | | | Chef Salad * Cold Pickled Beets Saltine Crackers Lemon Pudding Milk Ranch Salad Dressing | Turkey Spaghetti Casserole Creole Corn Italian 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 | Baked Chicken Thigh Cornbread Dressing Brussels Sprouts Dinner Roll Cherry Fruited Gelatin Milk Cranberry Sauce | 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 |
| 5 | 6 | 7 | 8 | 9 |
| Beef w/Burgundy Sauce ~ Scalloped Potatoes Brussels Sprouts Dinner Roll Nutty Buddy Milk | BBQ Pork Rib Patty *~ Potato Salad Italian Green Beans Hamburger Bun Peach Cobbler Milk | Lemon Pepper Chicken Thigh Broccoli and Rice Casserole Sliced Carrots Wheat Bread Birthday Cake Ice Cream Milk | Sliced Ham * Swiss Cheese Lettuce and Tomato Macaroni Salad Kaiser Roll Oatmeal Cookie Milk, Mayonnaise, Mustard | Father's Day Holiday Meal Mushroom Wine Beef Patty Red Skinned Whipped Potatoes Black-Eyed Peas Dinner Roll Marble Cake, Milk |
| 12 | 13 | 14 | 15 | 16 |
| | |  | | |
| Juneteenth Holiday Meal BBQ Pork Rib Patty * ~ Potato Salad Broccoli Dinner Roll Strawberry Shortcake Cookie Milk | Chicken Cordon Bleu ~ Tossed Salad Spinach Wheat Bread Fig Bar Milk Ranch Salad Dressing | Baked Meatballs w/Gravy ~ Ranch Potatoes Broccoli w/Lemon Zest Dinner Roll Pineapple Tidbits Milk | Chicken Salad Balsamic Cucumbers & Tomatoes Corn Salad Kaiser Roll Orange Fruited Gelatin Milk | Smoked Sausage * Cajun Rice Kidney Beans Cornbread Strawberry Swirl Pudding Milk Margarine |
| 19 | 20 | 21 | 22 | 23 |
| Country Fried Steak ~ Country Gravy Garlic Whipped Potatoes Squash, Zucchini & Tomatoes Wheat Bread Fudge Cream Cookie Milk | Turkey Tetrazzini Green Peas Sliced Carrots Wheat Bread Cherry Fruited Gelatin Milk | Swiss Steak ~ Confetti Rice Green Beans w/Onions Dinner Roll Chocolate Pudding Milk | Turkey Pastrami Swiss Cheese Tri Colored Pasta Salad Coleslaw Hoagie Bun Fresh Orange Milk | Hamburger Patty ~ Lettuce and Tomato Baked Beans Hamburger Bun Spiced Apple Slices Milk Mustard and Ketchup |
| 26 | 27 | 28 | 29 | 30 |

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.