

LUNCH

AUGUST 2017

D.L. HOPKINS JR. SENIOR CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	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
Country Fried Steak ~ Country Gravy Garlic Whipped Potatoes Squash, Zucchini & Tomatoes Wheat Bread Fudge Cream Cookie Milk	Turkey Tetrizzini Green Peas Sliced Carrots Wheat Bread Cherry Fruited Gelatin Milk	Swiss Steak ~ Confetti Rice Green Beans w/Onions Dinner Roll Birthday Cake Ice Cream	Turkey Pastrami Swiss Cheese Tri Colored Pasta Salad Coleslaw Hoagie Bun Fresh Orange Milk, Mustard	Hamburger Patty ~ Lettuce and Tomato Baked Beans Hamburger Bun Spiced Apple Slices Milk Mustard and Ketchup
Mozzarella Chicken ^ ~ Penne Pasta w/Parsley Mixed Vegetables Wheat Bread Fresh Orange Milk	Salisbury Beef w/Gravy ~ Whipped Potatoes Broccoli Dinner Roll Chocolate Chip Cookie Milk	Sliced Ham * Black-Eyed Peas Spinach Cornbread Fresh Banana Milk Margarine	Crabmeat & Macaroni Sala Cucumber Salad Glazed Fruit Club Crackers Sugar Cookie Milk	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	BBQ Beef Parslied Rice Broccoli Hamburger Bun Ranger Cookie 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	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	

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.



972-780-5073

Note: *contains pork

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