

LUNCH

September 2017

D.L. HOPKINS JR. SENIOR CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Cuban Shredded Pork * Hashbrown Potatoes Spinach Hamburger Bun Fresh Banana Milk 1
 4	5 Pork Carnitas * Pinto Beans Ole Mixed Vegetables Flour Tortilla Fruited Lemon Gelatin Milk	6 Country Fried Steak ~ Country Gravy Whipped Potatoes Spring Vegetable Blend Wheat Bread Creamsicle Pudding Milk	7 Chef Salad * Cold Copper Pennies ^ Club Crackers Strawberry Shortcake Cookie Milk Ranch Salad Dressing	8 Chicken Alfredo Italian Green Beans Whole Kernel Corn Dinner Roll Glazed Fruit ^ Milk
11 Salisbury Beef ~ Brown Gravy Garlic Whipped Potatoes Garden Vegetable Blend Wheat Bread Fresh Banana Milk	12 Chicken Fajita w/Onions and Peppers Charro Beans Cilantro Lime Rice Flour Tortilla Tutti Frutti Pudding Milk, Taco Sauce	13 Oven Fried Chicken Thigh Mashed Spiced Yams Green Peas Multi Grain Bread Frosted Birthday Cake Ice Cream, Milk 	14 Sliced Turkey Breast Swiss Cheese Macaroni Salad Cold Pickled Beets Flour Tortilla Fresh Orange Milk, Ranch Salad Dressing	15 Deiz y Seis Holiday Meal Taco Meat Shredded Cheese Lettuce and Tomato Pinto Beans Flour Tortilla Apple Cobbler
18 French Onion and Mushroom Beef Patty ~ ^ Orzo Pasta Brussels Sprouts Dinner Roll Snickerdoodle Cookie ^ Milk	19 Baked Chicken Thigh Ranchero Sauce Seasoned Black Beans Sliced Carrots Wheat Bread Fresh Orange Milk	20 Meatloaf ~ Brown Gravy Scalloped Potatoes Broccoli Multi Grain Bread Cherry Fruited Gelatin, Milk	21 Gourmet Chicken Salad ^ Bean Medley Salad Cucumber Salad w/Creole Dressing ^ Kaiser Roll Gingerbread Cookie Milk	22 Sausage with Onions and Peppers * Baked Beans Mixed Greens Hot Dog Bun Carnival Cookie Milk
25 Dijon Pork ~ * Delmonico Potatoes Mixed Vegetables Wheat Bread Fresh Apple Milk	26 Turkey and Rice Casserole Lima Beans Okra and Tomatoes Dinner Roll Nutty Buddy Bar Milk	27 Baked Chicken Thigh Poultry Gravy Macaroni and Cheese Italian Green Beans Wheat Bread Strawberry Swirl Pudding Milk	28 Turkey Pastrami Swiss Cheese Carrot Slaw Potato Salad Rye Bread (2) Chocolate Chip Cookie Milk	29 Hamburger Patty ~ Lettuce, Tomato and Onion Chuckwagon Corn Hamburger Bun Cranberry Crunch ^ Milk Mustard and Ketchup



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.



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