

LUNCH

OCTOBER 2017

D.L. HOPKINS JR. SENIOR CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Parmesan Chicken ~ Rotini Noodles Catalina Vegetable Blend Texas Bread Fresh Orange Milk 2	BBQ Pork Rib Patty ~ * Potato Wedges Coleslaw Hoagie Bun Peaches Milk Ketchup 3	Beef Chili with Beans Tossed Salad Broccoli Mexican Cornbread Muffin Mixed Fruit Crisp Milk Italian Salad Dressing 4	Sliced Ham * Swiss Cheese Couscous Salad Tomato and Cucumber Salad White Bread (2) Sugar Cookie Milk 5	Turkey Breast with Gravy Mashed Spiced Yams Brussels Sprouts Dinner Roll Fresh Banana Milk 6
Creole Beef ~ Succotash Sliced Carrots Wheat Bread Fudge Crème Cookie Milk 9	Sweet and Sour Chicken Fried Rice Japanese Vegetable Blend Dinner Roll Fortune Cookie Milk 10	Swiss Steak ~ Whipped Potatoes w/Skins Italian Green Beans Dinner Roll Frosted Birthday Cake Ice Cream 11 	Chicken Salad Lettuce and Tomato Corn Salad Croissant Strawberry Fruited Gelatin Milk 12	Hamburger Patty ~ Sliced Cheese Lettuce, Tomato and Onion Baked Beans Hamburger Bun Spiced Pineapple Milk 13
Swedish Meatballs ~ Egg Noodles Green Peas Wheat Bread Fresh Orange Milk 16	Pork Carnitas * Pinto Beans Ole Mixed Vegetables Flour Tortilla Fruited Lemon Gelatin Milk 17	Country Fried Steak ~ Country Gravy Whipped Potatoes Spring Vegetable Blend Wheat Bread Creamsicle Pudding Milk 18	Spinach Chef Salad * Cold Copper Pennies Club Crackers Strawberry Shortcake Cookie Milk Ranch Salad Dressing 19	Lasagna Casserole Italian Green Beans Whole Kernel Corn Dinner Roll Glazed Fruit Milk 20
Salisbury Beef ~ Brown Gravy Garlic Whipped Potatoes Garden Vegetable Blend Wheat Bread Fresh Banana Milk 23	Chicken Fajita w/Onions and Peppers Charro Beans Cilantro Lime Rice Flour Tortilla Tutti Frutti Pudding Milk 24	Oven Fried Chicken Thigh Mashed Spiced Yams Green Peas Dinner Roll Strawberry Fruited Gelatin Milk 25	Sliced Turkey Breast Swiss Cheese Macaroni Salad Cold Pickled Beets Whole Wheat Tortilla Fresh Orange Milk 26	Hamburger Patty ~ White American Cheese Lettuce, Tomato and Onion Ranch Beans Hamburger Bun Spiced Apples Milk 27
French Onion and Mushroom Beef Patty ~ Orzo Pasta Brussels Sprouts Dinner Roll Snickerdoodle Cookie ^ Milk 30	Halloween Holiday Meal Oven Fried Chicken Thigh Lima Beans Sliced Carrots Wheat Bread Halloween Cookie Milk 31			

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.