

# LUNCH

## NOVEMBER 2017

# D.L. HOPKINS JR. SENIOR CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <b>Sunday, November 5</b>		Meatloaf ~ Brown Gravy Scalloped Potatoes Broccoli Multi Grain Bread Cherry Fruited Gelatin Milk	Gourmet Chicken Salad ^ Bean Medley Salad Cucumber Salad w/Creole Dressing ^ Kaiser Roll Gingerbread Cookie Milk	Sausage with Onions and Peppers * Baked Beans Mixed Greens Hot Dog Bun Carnival Cookie Milk
Dijon Pork ~ * Delmonico Potatoes Mixed Vegetables Multi Grain Bread Fresh Apple Milk	Chicken and Rice Casserole Tossed Salad Okra and Tomatoes Dinner Roll Oatmeal Crème Cookie Milk Italian Salad Dressing	Oven Fried Chicken Thigh Whipped Potatoes Italian Green Beans Wheat Bread Frosted Birthday Cake Ice Cream Milk	Turkey Pastrami Swiss Cheese Carrot Slaw Potato Salad Rye Bread (2) Fresh Orange Milk	Hamburger Patty ~ Lettuce, Tomato and Onion Potato Wedges Hamburger Bun Cranberry Crunch ^ Milk Mustard and Ketchup
Parmesan Chicken ~ Rotini Noodles Catalina Vegetable Blend Texas Bread Fresh Orange Milk	BBQ Pork Rib Patty ~ * Potato Wedges Coleslaw Hoagie Bun Peaches Milk Ketchup	Beef Chili with Beans Tossed Salad Broccoli Mexican Cornbread Muffin Mixed Fruit Crisp Milk Italian Salad Dressing,	Sliced Ham * Swiss Cheese Couscous Salad Tomato and Cucumber Salad White Bread (2) Sugar Cookie Milk, Mayonnaise	Thanksgiving Holiday Meal Turkey Breast with Gravy Cornbread Dressing Sweet Potato Casserole Dinner Roll Pumpkin Pie Milk, Margarine, Cranberry
Creole Beef ~ Succotash Sliced Carrots Wheat Bread Fudge Crème Cookie Milk	Sweet and Sour Chicken Fried Rice Japanese Vegetable Blend Dinner Roll Fortune Cookie Milk	Swiss Steak ~ Whipped Potatoes w/Skins Italian Greens Beans Dinner Roll Fresh Orange Milk	 Happy Thanksgiving!	Closed for Holiday
Swedish Meatballs ~ Egg Noodles Green Peas Wheat Bread Fresh Orange Milk	Pork Carnitas * Pinto Beans Ole Mixed Vegetables Flour Tortilla Fruited Lemon Gelatin Milk	Country Fried Steak ~ Country Gravy Whipped Potatoes Spring Vegetable Blend Wheat Bread Creamsicle Pudding Milk	Spinach Chef Salad * Cold Copper Pennies ^ Club Crackers Strawberry Shortcake Cookie Milk Ranch Salad Dressing	 GIVE THANKS

**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 at [vnatexas.org](http://vnatexas.org)



972-780-5073

Note: \*contains pork

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