

LUNCH

DECEMBER 2017

D.L. HOPKINS JR. SENIOR CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Lasagna Casserole Italian Green Beans Whole Kernel Corn Dinner Roll Glazed Fruit ^ Milk 1
Salisbury Beef ~ 4 Brown Gravy Garlic Whipped Potatoes Garden Vegetable Blend Wheat Bread Fresh Banana	Chicken Fajita w/Onions & Peppers 5 Charro Beans Cilantro Lime Rice Flour Tortilla Tutti Frutti Pudding	Oven Fried Chicken Thigh 6 Mashed Spiced Yams Green Peas Dinner Roll Strawberry Fruited Gelatin Milk	Sliced Turkey Breast with Gravy 7 Macaroni and Cheese Green Beans Dinner Roll Fresh Orange Milk	Hamburger Patty ~ 8 White American Cheese Lettuce, Tomato and Onion Ranch Beans Hamburger Bun Spiced Apples Milk
French Onion and Mushroom Beef Patty ~ ^ 11 Orzo Pasta Brussels Sprouts Dinner Roll Snickerdoodle Cookie ^ Milk	Meatloaf 12 Brown Gravy Scalloped Potatoes Broccoli Multi Grain Bread Cherry Fruited Gelatin Milk	BBQ Chicken Thigh Potato Salad 13 Tossed Salad Wheat Bread Frosted Birthday Cake Ice Cream Milk, Ranch Dressing 	Chicken Nuggets ^ 14 Lima Beans Broccoli Multi Grain Bread Gingerbread Cookie Milk Ketchup	Sausage with Onions and Peppers * 15 Baked Beans Mixed Greens Hot Dog Bun Carnival Cookie Milk, Mustard
Dijon Pork ~ * 18 Delmonico Potatoes Mixed Vegetables Multi Grain Bread Fresh Apple Milk	Chicken and Rice Casserole 19 Tossed Salad Okra and Tomatoes Dinner Roll Oatmeal Crème Cookie Milk Italian Salad Dressing	Oven Fried Chicken Thigh 20 Whipped Potatoes Italian Green Beans Wheat Bread Strawberry Swirl Pudding Milk	Italian Beef Macaroni 21 Whole Kernel Corn Sliced Carrots Texas Bread Fresh Orange Milk	Christmas Holiday Meal Turkey Breast with Gravy Cornbread Dressing Green Bean Casserole Dinner Roll Ambrosia Pudding Milk
 25	 26	Beef Chili with Beans 27 Tossed Salad Broccoli Mexican Cornbread Muffin Mixed Fruit Crisp Milk Italian Salad Dressing,	Charbroiled Beef Patty w/Mushroom Gravy 28 Buttered Rice Chuckwagon Corn Dinner Roll Mixed Fruit Milk	New Year's Holiday Meal 29 Glazed Ham * Black-Eyed Peas Cabbage Corn Muffin Ranger Cookie 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 at vnatexas.org



972-780-5073

Note: *contains pork

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