

LUNCH

JANUARY 2018

D L HOPKINS JR. SENIOR CENTER

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|--|
|  <p>1</p> | <p>2</p> <p>Creole Beef ~ Ranch Potatoes Braised Carrots Wheat Bread Fresh Apple Milk</p> | <p>3</p> <p>BBQ Chicken Thigh Macaroni & Cheese Spring Vegetable Blend Breadstick Carnival Cookie Milk</p> | <p>4</p> <p>Mexican Chicken Chili Rice Turnip Greens Saltine Crackers Oatmeal Creme Cookie Milk, Margarine</p> | <p>5</p> <p>Grilled Pork Patty w/Dijon Herb Sauce * Oven Roasted Potatoes Squash, Zucchini and Tomatoes Wheat Bread</p> |
| <p>8</p> <p>Grilled Pork Patty w/Dijon Herb Sauce * Oven Roasted Potatoes Squash, Zucchini and Tomatoes Wheat Bread Lime Fruited Gelatin, Milk</p> | <p>9</p> <p>Beef Taco Meat and Cheese Cilantro Lime Rice Black Beans and Corn Flour Tortilla Sugar Cookie Milk</p> | <p>10</p> <p>Oven Fried Chicken Thigh Broccoli and Rice Cassero Country Tomatoes Dinner Roll White Cake w/White Sprinkle Frosting Vanilla Ice Cream, Milk</p> | <p>11</p> <p>Meatloaf with Tomato Gravy ~ Delmonico Potatoes Braised Carrots Dinner Roll Lemon Fruited Gelatin Milk</p> | <p>12</p> <p>MLK Holiday Meal Salisbury Steak with Gravy Macaroni & Cheese Italian Green Beans Dinner Roll Oatmeal Creme Cookie Milk</p> |
| <p>15</p> <p><i>I have a dream...</i> Closed for Holiday</p> | <p>16</p> <p>Smoked Sausage * Baked Beans Cabbage Hot Dog Bun Strawberry Swirl Pudding Milk</p> | <p>17</p> <p>Swiss Steak ~ Garlic Whipped Potatoes Ratatouille Wheat Bread Fresh Banana Milk</p> | <p>18</p> <p>Beef Ziti Italian Green Beans Braised Carrots Wheat Bread Cherry Fruited Gelatin Milk</p> | <p>19</p> <p>Sweet and Sour Chicken Fried Rice Japanese Vegetable Blend Wheat Bread Lemon Glazed Bread Pudding Milk</p> |
| <p>22</p> <p>Chicken and Rice Casserole Mexican Corn Spring Vegetable Blend Dinner Roll Fresh Orange Milk</p> | <p>23</p> <p>Chili with Beans Spanish Rice Broccoli Mexican Cornbread Muffin Chocolate Chip Cookie Milk</p> | <p>24</p> <p>BBQ Pork Rib Patty ~ * Ranch Beans Italian Green Beans Dinner Roll Orange Fruited Gelatin Milk</p> | <p>25</p> <p>Confetti Chicken Thigh Hash brown Potatoes Spinach Texas Bread Vanilla Pudding Milk</p> | <p>26</p> <p>Confetti Chicken Thigh Hash Brown Potatoes Spinach Texas Bread Vanilla Pudding Milk</p> |
| <p>29</p> <p>Beef Burgundy ~ Whipped Potatoes Brussels Sprouts with Lemon Dinner Roll Butterscotch Pudding Milk</p> | <p>30</p> <p>Chicken Etouffee Parslied Rice Mixed Greens Dinner Roll Carnival Cookie Milk</p> | <p>31</p> <p>Oven Fried Chicken Thigh Au Gratin Potatoes Okra and Tomatoes Dinner Roll Fresh Banana Milk</p> | | |

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.



Note: *contains pork

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