

# LUNCH

**APRIL 2018**

# D.L. HOPKINS JR. SENIOR CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Alfredo Penne Pasta with Parsley Italian Green Beans Dinner Roll Fig Bar Milk <span style="float: right;">2</span>	Beef Taco Meat and Cheese Cilantro Lime Rice Black Beans and Corn Flour Tortilla Sugar Cookie Milk <span style="float: right;">3</span>	Oven Fried Chicken Thigh Broccoli and Rice Casserole Country Tomatoes Dinner Roll Fresh Banana Milk <span style="float: right;">4</span>	Meatloaf with Tomato Gravy Delmonico Potatoes Braised Carrots Dinner Roll Lemon Fruited Gelatin Milk <span style="float: right;">5</span>	Hamburger Patty ~ Sliced Cheese Lettuce, Tomato and Onion Potato Wedges Hamburger Bun Apple Crisp Milk <span style="float: right;">6</span>
Chicken Fajita Meat Fiesta Rice Refried Beans Flour Tortilla Fudge Creme Cookie Milk <span style="float: right;">9</span>	Smoked Sausage * Baked Beans Cabbage Hot Dog Bun Strawberry Swirl Pudding Milk Mustard <span style="float: right;">10</span>	Swiss Steak ~ Garlic Whipped Potatoes Ratatouille Wheat Bread Chocolate Cake w/White Sprinkle Frosting Chocolate Ice Cream, Milk <span style="float: right;">11</span>	Beef Ziti Italian Green Beans Braised Carrots Wheat Bread Cherry Fruited Gelatin Milk <span style="float: right;">12</span>	Sweet and Sour Chicken Fried Rice Japanese Vegetable Blend Wheat Bread Lemon Glazed Bread Pudding Milk Soy Sauce, Margarine <span style="float: right;">13</span>
Chicken and Rice Casserole Mexican Corn Spring Vegetable Blend Dinner Roll Fresh Orange Milk <span style="float: right;">16</span>	Chili with Beans Spanish Rice Broccoli Mexican Cornbread Muffin Chocolate Chip Cookie Milk <span style="float: right;">17</span>	BBQ Pork Rib Patty ~ * Ranch Beans Italian Green Beans Dinner Roll Orange Fruited Gelatin  <span style="float: right;">18</span>	Confetti Chicken Thigh Hashbrown Potatoes Spinach Texas Bread Vanilla Pudding Milk <span style="float: right;">19</span>	Hamburger Patty ~ Lettuce, Tomato and Onion Potato Wedges Hamburger Bun Mixed Fruit Cobbler Milk <span style="float: right;">16</span>
Beef Burgundy ~ Whipped Potatoes Brussels Sprouts with Lemon Dinner Roll Butterscotch Pudding Milk <span style="float: right;">23</span>	Chicken Etouffee Parslied Rice Mixed Greens Dinner Roll Carnival Cookie Milk <span style="float: right;">24</span>	Oven Fried Chicken Thigh Au Gratin Potatoes Okra and Tomatoes Dinner Roll Fresh Banana Milk <span style="float: right;">25</span>	Country Fried Steak w/Country Gravy ~ Oven Roasted Potatoes Herbed Green Beans Dinner Roll Orange Fruited Gelatin Milk <span style="float: right;">26</span>	Meatballs with Spaghetti Sa ~ Whole Grain Spaghetti Mixed Green Salad Breadstick Spiced Apples Milk, Italian Salad Dressing <span style="float: right;">27</span>
Chicken a la King Brown Rice Peas and Carrots Biscuit Gingerbread Cookie Milk <span style="float: right;">30</span>				

**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.



\* - Contains Pork; ~ - Contains Soy  
972-780-5073

**Note: \*contains pork**

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