

# LUNCH

## MAY 2018

# D.L. HOPKINS JR. SENIOR CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Chopped BBQ Beef Baked Beans Coleslaw Hamburger Bun Spiced Pineapple Tidbits Milk	1 Salisbury Beef with Gravy & Onions ~ Whipped Potatoes Broccoli Dinner Roll Strawberry Fruited Gelatin Milk	2 Sweet and Sour Meatballs ~ Fried Rice Chinese Cabbage ^ Dinner Roll Fresh Orange Milk	3 Cinco De Mayo Meal Beef Enchilada Pie Spanish Rice Pinto Beans Wheat Bread Cinnamon Sugar Cookie Milk
7 Chicken Pot Pie Mashed Spiced Yams Tangy Spinach Texas Bread Fresh Apple Milk	8 Beef Ziti Whole Kernel Corn Broccoli Wheat Bread Strawberry Fruited Gelatin Milk	9 Oven Fried Chicken Thigh Whipped Potatoes w/Gravy Braised Carrots Dinner Roll Chocolate Cake w/Strawberry Frosting Vanilla Ice Cream 	10 Turkey Pastrami Swiss Cheese Lettuce and Tomato Mustard Potato Salad Rye Bread (2) Oatmeal Creme Cookie Milk, Mustard	11 Mother's Day Meal Sliced Turkey Breast with Gravy Cornbread Dressing Mixed Green Salad Dinner Roll Apple and Raisin Compote ^
Meatloaf w/Creole Sauce ~ Rice Florentine Peas and Carrots Dinner Roll Fresh Orange Milk	15 Lemon Pepper Chicken ~ Macaroni & Cheese Italian Green Beans Wheat Bread Strawberry Swirl Pudding Milk	16 Swiss Steak ~ Ranch Potatoes Brussels Sprouts w/Lemon Dinner Roll Chocolate Chip Cookie Milk	17 Beef Taco Meat Lettuce and Tomato Mexican Corn Flour Tortilla Peach Cobbler Milk	18 Older American's Day Meal Hamburger Patty ~ Sliced Cheese Lettuce, Tomato & Onion Ranch Beans Hamburger Bun Cherry Red Betty Crisp
21 Mozzarella Chicken ~ Penne Pasta w/Parsley Italian Vegetable Blend Breadstick Nutty Buddy Bar Milk	22 Sausage w/Onions & Peppers Baked Beans Cabbage Hot Dog Bun Fresh Apple Milk	23 Salisbury Beef w/Gravy ~ Broccoli and Rice Casserole Braised Carrots Dinner Roll Lime Fruited Gelatin Milk	24 Sliced Turkey Breast Sliced Swiss Cheese Lettuce and Tomato Glazed Fruit Croissant Fig Bar Milk, Mustard	25 Memorial Day Meal Chopped BBQ Beef Baked Beans Coleslaw Hamburger Bun Lemon Glazed Bread Pudding Milk
28 	29 Chicken Salad Lettuce and Tomato Copper Pennies Hamburger Bun Tropical Fruit Milk	30 Oven Fried Chicken Thigh Cut Yams Italian Green Beans Wheat Bread Peanut Butter Cookie Milk	31 Sweet & Sour Meatballs ~ Fried Rice Japanese Vegetable Blend Wheat Bread Sliced Pears 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.



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

Note: \*contains pork

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