

# LUNCH

## JUNE 2018

# D.L. HOPKINS JR. SENIOR CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				BBQ Chicken, Hashbrown Casserole, Coleslaw, Texas Toast, Cranberry Crisp, Milk <span style="float: right;">1</span>
Chicken Fajita Meat, Cilantro Lime Rice, Refried Beans, Corn Tortilla, Gingerbread Cookie, Milk <span style="float: right;">4</span>	Meatball Sauce ~ Spaghetti Noodles, Braised Carrots, Green Peas, Wheat Bread, Chocolate Swirl Pudding, Milk <span style="float: right;">5</span>	Turkey Breast with Dijon, Herb Sauce, Cheesy Potatoes, Seasoned Broccoli, Dinner Roll, Fresh Apple, Milk <span style="float: right;">6</span>	Spinach Turkey Chef Salad, Cold Pickled Beets, Saltine Crackers, Lemon Fruited Gelatin, Milk, Ranch Salad Dressing <span style="float: right;">7</span>	Hamburger Patty ~ Lettuce, Tomato, Onion, & Pickles, Scalloped Potatoes, Hamburger Bun, Apple Crisp, Milk <span style="float: right;">8</span>
Chicken Alfredo w/Pasta Shells and Broccoli, Spinach Braised Carrots, Breadstick, Chocolate Pudding, Milk <span style="float: right;">9</span>	Beef Patty w/Mushroom Gravy ~ Rice Florentine, Spring Vegetable Blend, Dinner Roll, Peanut Butter Cookie, Milk <span style="float: right;">12</span>	Oven Fried Chicken Thigh Au Gratin Potatoes, Black-Eyed Peas, Wheat Bread, White Cake, Ice Cream and Milk <span style="float: right;">13</span>	Mexican Chili, Buttered Rice, Country Corn, Dinner Roll, Lime Fruited Gelatin, Milk <span style="float: right;">14</span>	Father's Day Meal, Meatloaf w/Tomato Gravy ~ Whipped Potatoes w/Skins, Mixed Greens, Cornbread, Carnival Cookie, Milk <span style="float: right;">15</span>
Chicken Pot Pie, Mashed Spiced Yams, Tangy Spinach, Texas Bread, Fresh Apple, Milk <span style="float: right;">18</span>	Juneteenth Meal, BBQ Pork Rib Patty * ~ German Potato Salad, Broccoli, Dinner Roll, Watermelon, Milk <span style="float: right;">19</span>	Oven Fried Chicken, Whipped Potatoes w/Gravy, Braised Carrots, Dinner Roll, Butterscotch Swirl Pudding, Milk <span style="float: right;">20</span>	Turkey Pastrami, Swiss Cheese, Lettuce and Tomato, Mustard Potato Salad, Rye Bread (2), Oatmeal Creme Cookie, Milk <span style="float: right;">21</span>	Hamburger Patty ~ Lettuce, Tomato & Onion, Ranch Beans, Hamburger Bun, Brownie, Milk <span style="float: right;">22</span>
Meatloaf w/Creole Sauce ~ Rice Florentine, Peas and Carrots, Dinner Roll, Fresh Orange, Milk <span style="float: right;">25</span>	Lemon Pepper Chicken ~ Macaroni & Cheese, Italian Green Beans, Wheat Bread, Strawberry Swirl Pudding, Milk <span style="float: right;">26</span>	Swiss Steak ~ Ranch Potatoes, Brussels Sprouts w/Lemon, Dinner Roll, Chocolate Chip Cookie, Milk <span style="float: right;">27</span>	Beef Taco Meat, Lettuce and Tomato, Mexican Corn, Flour Tortilla, Peach Cobbler, Taco Sauce, Milk <span style="float: right;">28</span>	Grilled Chicken ~ Delmonico Potatoes, Field Peas, Hamburger Bun, Oreo Cookies, Milk <span style="float: right;">29</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.