

LUNCH

JULY 2018

D.L. HOPKINS JR. SENIOR CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mozzarella Chicken ~ Penne Pasta w/Parsley Italian Vegetable Blend Breadstick Nutty Buddy Bar Milk	Independence Day Meal Hot Dog Baked Beans Whole Kernel Corn Hot Dog Bun Creamsicle Pudding Milk	Closed for Holiday	Sliced Turkey Breast Sliced Swiss Cheese Lettuce and Tomato Glazed Fruit Croissant Fig Bar Milk	Hamburger Patty ~ Lettuce, Tomato & Onion Potato Wedges Hamburger Bun Spiced Apples Milk
Fried Steak w/Gravy ~ Whipped Potatoes Okra and Tomatoes Dinner Roll Fresh Orange Milk	Ham and Lima Beans * Cajun Rice Turnip Greens Cornbread Muffin Mud Pie Pudding Milk	Fried Chicken Thigh Cut Yams Italian Green Beans Wheat Bread Chocolate Cake Vanilla Ice Cream Milk	Sweet & Sour Meatballs ~ Fried Rice Japanese Vegetable Blend Wheat Bread Sliced Pears Milk	BBQ Chicken Hashbrown Casserole Coleslaw Texas Toast Cranberry Crisp Milk
Chicken Fajita Meat Cilantro Lime Rice Refried Beans Corn Tortilla Gingerbread Cookie Milk	Meatball w/Spaghetti Sauce ~ Spaghetti Noodles Braised Carrots Green Peas Wheat Bread Chocolate Swirl Pudding Milk	Turkey Breast Cheesy Potatoes Seasoned Broccoli Dinner Roll Fresh Apple Milk	Spinach Turkey Chef Salad Cold Pickled Beets Saltine Crackers Lemon Fruited Gelatin Milk Ranch Salad Dressing	Hamburger Patty ~ Lettuce, Tomato, Onion, & Pickles Scalloped Potatoes Hamburger Bun Apple Crisp Milk
Chicken Alfredo w/Pasta Shell and Broccoli Spinach Braised Carrots Breadstick Chocolate Pudding Milk	Beef Patty w/Mushroom Gravy ~ Rice Florentine Spring Vegetable Blend Dinner Roll Peanut Butter Cookie Milk	Christmas in July Meal Baked Chicken Thigh w/Gravy Sweet Potato Brussels Sprouts Dinner Roll Ambrosia Salad & Milk	Mexican Chili Buttered Rice Country Corn Dinner Roll Lime Fruited Gelatin Milk	BBQ Pork Rib Patty * ~ Tater Tot Casserole Italian Green Beans w/Red Peppers ^ Dinner Roll Fudge Crème Cookie Milk
Chicken Pot Pie Mashed Spiced Yams Tangy Spinach Texas Bread Fresh Apple Milk	Beef Ziti Whole Kernel Corn Broccoli Wheat Bread Strawberry Fruited Gelatin 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.