

LUNCH

AUGUST 2018

D.L. HOPKINS JR. SENIOR CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Chicken Thigh 1 Whipped Potatoes Braised Carrots Dinner Roll Butterscotch Swirl Pudding Milk	Turkey Pastrami 2 Swiss Cheese Lettuce and Tomato Mustard Potato Salad Rye Bread (2) Oatmeal Cre Milk	Hamburger Patty ~ 3 Lettuce, Tomato & Onion Ranch Beans Hamburger Bun Brownie Milk
Meatloaf w/Creole 6 Rice Florentine Peas and Carrots Dinner Roll Fresh Orange Milk	Lemon Pepper Chicken 7 Macaroni & Cheese Italian Green Beans Wheat Bread Strawberry Swirl Pudding Milk	Swiss Steak ~ 8 Ranch Potatoes Brussels Sprouts Dinner Roll White Cake Chocolate Ice Cream Milk 	Beef Taco Meat 9 Lettuce and Tomato Mexican Corn Flour Tortilla Peach Cobbler Milk	Grilled Chicken 10 Delmonico Potatoes Field Peas Hamburger Bun Oreo Cookies Milk
Mozzarella Chicken 13 Penne Pasta w/Parsley Italian Vegetable Blend Breadstick Nutty Buddy Bar Milk	Sausage w/Onions & Peppers 14 Baked Beans Cabbage Hot Dog Bun Fresh Apple Milk	Salisbury Beef w/Gravy 15 Broccoli and Rice Casserole Braised Carrots Dinner Roll Lime Fruited Gelatin Milk	Sliced Turkey Breast 16 Sliced Swiss Cheese Lettuce and Tomato Glazed Fruit Croissant Fig Bar Milk	Hamburger Patty 17 Lettuce, Tomato & Onion Potato Wedges Hamburger Bun Spiced Apples Milk
Country Fried Steak /Gravy ~ 20 Whipped Potatoes Okra and Tomatoes Dinner Roll Fresh Orange Milk	Ham and Lima Beans 21 Cajun Rice Turnip Greens Cornbread Muffin Mud Pie Pudding Milk	Oven Fried Chicken Thigh 22 Cut Yams Italian Green Beans Wheat Bread Peanut Butter Cookie Milk	Sweet & Sour Meatballs 23 Fried Rice Japanese Vegetable Blend Wheat Bread Sliced Pears Milk	BBQ Chicken 24 Hashbrown Casserole Coleslaw Texas Toast Cranberry Crisp Milk
Chicken Fajita Meat 27 Cilantro Lime Rice Refried Beans Corn Tortilla Gingerbread Cookie Milk	Meatball w/Spaghetti Sauce ~ 28 Spaghetti Noodles Braised Carrots Green Peas Wheat Bread Chocolate Swirl Pudding Milk	Turkey Breast with Dijon 29 Cheesy Potatoes Seasoned Broccoli Dinner Roll Fresh Apple Milk	Spinach Turkey Chef Salad 30 Cold Pickled Beets Saltine Crackers Lemon Fruited Gelatin Milk	Hamburger Patty 31 Lettuce, Tomato & Onion Scalloped Potatoes Hamburger Bun Spiced Apples 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.