

LUNCH

SEPTEMBER 2018

D.L. HOPKINS JR. SENIOR CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Closed for Holiday</p> <p>3</p>	<p>4</p> <p>Red Wine Glazed Beef Patty ~ Rice Florentine Italian Green Beans Dinner Roll Fig Bar Milk</p>	<p>5</p> <p>Grilled Pork Patty *~ Lima Beans Broccoli Wheat Bread Creamsicle Pudding Milk</p>	<p>6</p> <p>Turkey Pastrami Swiss Cheese Lettuce and Tomato Corn Salad Rye Bread (2) Chocolate Chip Cookie Milk</p>	<p>7</p> <p>Country Fried Steak ~ Oven Roasted Potatoes Braised Carrots Wheat Bread Orange Fruited Gelatin Milk</p>
<p>10</p> <p>Lasagna Casserole Broccoli Italian Vegetable Blend Breadstick Lemon Fruited Gelatin Milk</p>	<p>11</p> <p>Dijon Turkey Breast Garlic Whipped Potatoes Mixed Greens Corn Muffin Fudge Creme Cookie Milk</p>	<p>12</p> <p>Fried Chicken Thigh Scalloped Potatoes Brussels Sprouts Wheat Bread Chocolate Cake Vanilla Ice Crea Milk</p>	<p>13</p> <p>Smoked Sausage and Beans Buttered Rice Peas and Carrots Texas Bread Chocolate Pudding Milk</p>	<p>14</p> <p>Diez y Seis Holiday Meal Beef Taco Meat Lettuce Tomato Cheese Pinto Beans Corn Tortilla Mixed Fruit Cobbler Milk </p>
<p>17</p> <p>BBQ Pork Rib Patty *~ Whole Kernel Corn California Vegetable Blend Dinner Roll Fresh Orange Milk</p>	<p>18</p> <p>Fiesta Chicken Thigh Buttered Rice Fiesta Vegetable Blend Wheat Bread Glazed Pineapple Milk</p>	<p>19</p> <p>Swiss Steak ~ Oven Roasted Potatoes Italian Green Beans Dinner Roll Lime Fruited Gelatin Milk</p>	<p>20</p> <p>Sliced Ham * Swiss Cheese Broccoli Salad Carrot and Raisin Salad Wheat Bread (2) Peanut Butter Cookie Milk</p>	<p>21</p> <p>Chicken Alfredo Herbed Green Peas Tossed Salad Wheat Bread Apple and Raisin Compote Milk </p>
<p>24</p> <p>Oriental Chicken Fried Rice Broccoli, Carrots and Onions Wheat Bread Pineapple Tidbits Milk</p>	<p>25</p> <p>Chicken and Dumplings Stewed Tomatoes Italian Green Beans Multi Grain Bread Strawberry Fluff Milk</p>	<p>26</p> <p>Meatloaf w/Tomato Gravy ~ Country Potatoes Green Peas Wheat Bread Ranger Cookie Milk</p>	<p>27</p> <p>Chicken Shawarma Yellow Rice Cucumber and Tomato Salad Pita Bread Cinnamon Applesauce Milk</p>	<p>28</p> <p>Hamburger Patty ~ Lettuce, Tomato and Onion Potato Wedges Hamburger Bun Spiced Fruit Milk</p>

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.