

# LUNCH

## NOVEMBER 2018

# D.L. HOPKINS JR. SENIOR CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Sliced Ham * Swiss Cheese Broccoli Salad Carrot and Raisin Salad Wheat Bread (2) Peanut Butter Cookie Milk	Chicken Alfredo and Pasta Shells Herbed Green Peas Tossed Salad Wheat Bread Apple and Raisin Compote Milk
Oriental Chicken Fried Rice Broccoli, Carrots and Onions Wheat Bread Pineapple Tidbits Milk	Chicken and Dumplings Stewed Tomatoes Italian Green Beans Multi Grain Bread Strawberry Fluff Milk	Meatloaf w/Tomato Gravy ~ Country Potatoes Green Peas Wheat Bread Ranger Cookie Milk	Chicken Shawarma w/Feta Cream Sauce Yellow Rice Cucumber and Tomato Salad Pita Bread Cinnamon Applesauce Milk	Hamburger Patty ~ Lettuce, Tomato and Onion Potato Wedges Hamburger Bun Spiced Fruit Milk
Salisbury Steak ~ Garlic Whipped Potatoes w/Gravy Spring Vegetable Blend Dinner Roll Nutty Buddy Bar Milk	Beef and Spanish Rice Charro Beans Braised Carrots Multi Grain Bread Chocolate Swirl Pudding Milk	Oven Fried Chicken Thigh Macaroni & Cheese Country Tomatoes Ranger Cookie Chocolate Cake Vanilla Ice Cream Milk	Tuna Salad Lettuce and Tomato Black-eyed Pea Salad Wheat Bread (2) Banana Pudding w/Wafers Milk	Thanksgiving Holiday Meal Turkey Breast w/Gravy Cornbread Dressing Mashed Spiced Yams Wheat Bread Mud Pie Pudding Milk
Seasoned Meatballs Mexican Corn Broccoli Hoagie Bun Fudge Crème Cookie Milk	Charbroiled Beef Patty w/Mushrooms ~ Parslied Rice Cabbage Dinner Roll Fresh Apple Milk	Oven Fried Chicken Thigh Delmonico Potatoes Braised Carrots Dinner Roll Cherry Fruited Gelatin Milk	Closed for Holiday	Closed for Holiday
Red Wine Glazed Beef Patty Rice Florentine Italian Green Beans Dinner Roll Fig Bar Milk	BBQ Chicken Breast Coleslaw Mixed Vegetables Hamburger Bun Cherry Crisp Milk	Grilled Pork Patty *~ Lima Beans Broccoli Wheat Bread Creamsicle Pudding Milk	Turkey Pastrami Swiss Cheese Lettuce and Tomato Corn Salad Rye Bread (2) Chocolate Chip Cookie Milk	Country Fried Steak ~ Oven Roasted Potatoes Braised Carrots Wheat Bread Orange 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.