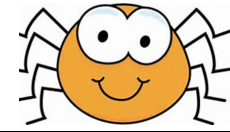




# OCTOBER 2017



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b> Lemon Herb Chicken Tossed Salad with Dressing, Sweet Potatoes, Wheat Bread, Milk, Chocolate Chip Cookie</p>	<p><b>3</b> Glazed Tilapia Squash / Zucchini Wheat Bread, Milk Bread Pudding</p>	<p><b>4</b> Broiled Chicken Spinach, Roasted Potatoes, Wheat Bread Milk, Yellow Cake</p>	<p><b>5</b> Ground Beef with Pinto Beans, Brown Rice Steamed Carrots, Jell-O with Pineapple Chunks</p>	<p><b>6</b> Louisiana Chicken Yams, Steamed Broccoli, Wheat Bread, Milk Blueberry Cobbler</p>
<p><b>9</b> Chicken Fettuccine Broccoli, Tossed Salad with Dressing, Wheat Bread, Milk Lemon Cookie</p>	<p><b>10</b> Hamburger with Bun Sweet Corn, Tossed Salad with Dressing, Milk, Lime Gelatin with Pineapple</p>	<p><b>11</b> Baked Tilapia Potato Casserole Apple Coleslaw, Wheat Bread, Milk Jell-O with Fruit</p>	<p><b>12</b> Smoked Turkey Breast California Blend Black-Eyed Peas, Wheat Bread, Milk, Chocolate Brownies</p>	<p><b>13</b> Chicken Enchilada Casserole, Rice, Refried Beans, Spinach, Milk Muffins</p>
<p><b>16</b> Chicken Tetrazzini Black-Eyed Peas Steamed Carrots, Milk Fruit Cocktail</p>	<p><b>17</b> Orange Glazed Tilapia Squash / Zucchini Garlic Potatoes Wheat Bread Milk Pudding</p>	<p><b>18</b> Country Fried Steak with Gravy, Garlic Potatoes Snap Green Beans Wheat Bread, Milk Fruit Cocktail</p>	<p><b>19</b> Chicken Fajita Peppers and Onions Spanish Rice Pinto Beans Tortilla Shells, Milk Cookie</p>	<p><b>20</b> Spaghetti Marinara Sauce, Tossed Salad with Dressing, Steamed Broccoli Black-Eyed Peas, Milk Fig Bar</p>
<p><b>23</b> Fish Taco Brown Rice, Tossed Salad with Dressing, Spinach, Baked Beans, Tortilla Shells, Milk Pastries</p>	<p><b>24</b> Roasted Chicken Mashed Potatoes Steamed Broccoli Wheat Bread, Milk Cookie</p>	<p><b>25</b> Turkey Pot Pie Potatoes &amp; Green Peas Milk, Pudding </p>	<p><b>26</b> Turkey Burgers Garlic Potatoes Glazed Carrots Wheat Bread, Milk Fruit Salad</p>	<p><b>27</b> Honey Baked Ham Red Beans, Brown Rice Cabbage Wheat Bread, Milk Cookie</p>
<p><b>30</b> Ground Beef Pinto Beans, Brown Rice Steamed Carrots Jell-O with Peaches</p>	<p><b>31</b> Tuna Casserole Sweet Potatoes Broccoli Medley Wheat Bread, Milk Muffin</p>	<p><b>NUTRITION INFORMATION:</b> 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 is 3 ounces of protein, 2-3 servings of fruits and vegetables, 1 serving of grain, and 1 serving of milk.</p>	<p></p>	<p>The Congregate Meal Program is offered Monday-Friday. Ensures a daily nutritious meal for seniors ages 60+ years of age. It is free and seniors do not have to be a member of the Senior Life Center. Seniors ages 50-59, can purchase the nutritious meal for a fee of \$5.95. Seniors must complete an intake form and nutrition assessment prior to participating. Sponsored in part by DAAA and DADS.</p>