




Senior Life Center Menu Calendar
Congregate Meal Program



2017

Monday	Tuesday	Wednesday	Thursday	Friday
<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 is 3 ounces of protein, 2-3 servings of fruits and vegetables, 1 serving of grain, and 1 serving of milk.</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 \$6.53. Seniors must complete an intake form and nutrition assessment <i>prior</i> to participating. Sponsored in part by the Dallas Area Agency on Aging "DAAA" and the Texas Department of Aging and Disability Services.</p>
<p>4 Salisbury Steak Fingers/ Gravy Garlic Potatoes Seasoned Green Beans Bread Fruit</p>	<p>5 Tuna Casserole Romaine Salad with Dressing Cookie</p>	<p>6 Beef Lasagna Steamed Broccoli/Cauliflower Chick Peas Bread Fruit</p>	<p>7 BBQ Chicken Baked Beans Potato Salad Cookie</p>	<p>8 Roasted Fish Crispy Slaw Wrap Cucumber and Tomato Salad Flour Tortillas Fruit</p>
<p>11 Smothered Pork Chops Sweet Potatoes Seasoned Green Beans Cookie</p>	<p>12 Chicken Tetrazzini Spinach Salad French Bread Fruit Salad</p>	<p>13 Baked Chicken Romaine Salad with Dressing Mixed Greens Wheat Bread Muffin</p>	<p>14 Beef Stroganoff Vegetable Medley Wheat Bread Fruit</p>	<p>15 Sliced Turkey Sandwich Chips Wheat Bread Fig Bar</p>
<p>18 Baked Tilapia Steamed Cabbage Steamed Carrots Wheat Bread Fruit</p>	<p>19 Country Fried Steak/Gravy Roasted Potatoes Wheat Bread Granola Bar</p>	<p>20 Turkey Pot Pie with Peas and Carrots Steamed Broccoli Jell-O with Fruit</p>	<p>21 Beef Stew Veggies and Brown Rice Cornbread Fruit</p>	<p>22 CLOSED CHRISTMAS HOLIDAY.</p> 
<p>25 CLOSED CHRISTMAS HOLIDAY.</p> 	<p>26 Spaghetti Romaine Salad with Dressing French Bread Fruit</p>	<p>27 Roasted Chicken Wild Rice Pinto Beans Mixed Vegies Muffins</p>	<p>28 Stir-Fry Brown Rice, Eggs Ham and Broccoli Egg Roll Cookie</p>	<p>29 Chicken Salad Wrap Pasta Salad with Broccoli Cookie</p>