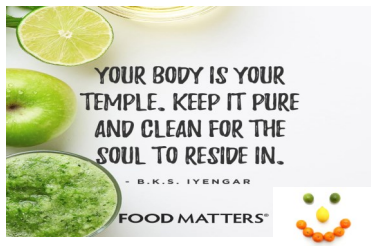


Monday	Tuesday	Wednesday	Thursday	Friday
	<p><b>1</b></p> <p>Chicken Salad Wrap Broccoli Salad, Flour Tortilla Shells, Milk, Fresh Fruit Salad</p>	<p><b>2</b></p> <p>Beef Stroganoff with Egg Noodles, Cucumber and Tomato Salad, Wheat Bread, Milk and Fig Bars</p>	<p><b>3</b></p> <p>Stewed Chicken, Brown Rice, Seasoned Green Beans with Peppers and Onions, Wheat Bread, Milk and Fruit Cocktail</p>	<p><b>4</b></p> <p>Baked Tilapia, Spinach, Corn with Peppers and Onions, Rolls, Milk and Strawberry Shortcake</p>
<p><b>7</b></p> <p>Grilled Beef Patties, Steamed Zucchini, Brown Rice, Wheat Bread, Milk and Vanilla Pudding</p>	<p><b>8</b></p> <p>Tuna Pasta Salad with Broccoli Salad, Dressing, French Bread, Milk and Fruit Salad</p>	<p><b>9</b></p> <p>Smothered Pork Chops Garlic Potatoes, Peas and Carrots, Wheat Bread, Milk and Jell-O with Fruit</p>	<p><b>10</b></p> <p>Smoked Turkey Breast, Cabbage, Steamed Carrots, Wheat Bread, Milk, Oatmeal Cookies</p>	<p><b>11</b></p> <p>Fish Taco with Cole Slaw, Seasoned Brown Rice, Mixed Veggies, Flour Tortilla Shells, Milk and Peaches</p>
<p><b>14</b></p> <p>Turkey Burgers with Lettuce, Tomatoes, Pickles and Onions, Roasted Potatoes, Milk, Buns and Cookies</p>	<p><b>15</b></p> <p>Chicken Fettuccine, Tossed Salad with Dressing, Steamed Broccoli, French Bread, Milk and Granola Bars</p>	<p><b>16</b></p> <p>Country Steak Patties, Garlic Potatoes, Vegetable Medley, Rolls, Milk and Fruit</p>	<p><b>17</b></p> <p>Macaroni and Cheese, Mixed Greens, Wheat Bread, Milk and Lemon Cake</p>	<p><b>18</b></p> <p>Chicken Parmesan, Black-Eyed Peas, Carrots and Broccoli, Bread, Milk and Fig Bars</p>
<p><b>21</b></p> <p>Chopped Beef Sandwich, Apple Cole Slaw, Baked Beans, Buns, Milk and Variety Baked Chips</p>	<p><b>22</b></p> <p>Tuna Casserole, Tossed Salad with Dressing, French Bread, Milk and Jell-O with Peaches</p>	<p><b>23</b></p> <p>Sliced Smoked Ham, Sweet Potatoes, Spinach, Rolls, Milk and Oatmeal Cookie</p>	<p><b>24</b></p> <p>Chicken Tetrazzini with Broccoli, Tossed Salad with Dressing, Peas and Carrots, French Bread, Milk and Fruit</p>	<p><b>25</b></p> <p>Grilled Fish, Sweet Corn with Peppers and Onions, Seasoned Green Beans, Wheat Bread, Milk and Pastries</p>
<p><b>28</b></p> <p>Chicken Fajitas with Peppers and Onions, Spanish Rice, Black Beans, Flour Tortillas, Milk and Fruit</p>	<p><b>29</b></p> <p>Cheeseburger with Romaine Lettuce, Onions, and Tomatoes, Roasted Potato Medley, Buns, Milk and Cookies</p>	<p><b>30</b></p> <p>Santa Fe Chicken with Black Beans and Corn, Spanish Rice, Cornbread, Milk and Mandarin Oranges</p>	<p><b>31</b></p> <p>Spaghetti with Marinara Sauce, Sweet Corn with Peppers and Onions, Peas and Carrots, French Bread, Milk and Granola Bars</p>	<p><b>NUTRITION INFORMATION</b></p> <p>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 &amp; vegetables, 1 serving of grain, &amp; 1 serving of milk.</p>