



Senior Life Center
 "Adding Living to Life!"

Menu CALENDAR

hello JUNE 2018

seniors



Monday	Tuesday	Wednesday	Thursday	Friday
	<p>Menu is 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 ounces of vegetables and fruits; 1 serving of grain, 1 serving of milk.</p>		<p>Call 972-218-3780 at least 24 to 48 hours in advance to reserve your meal.</p>	<p>1 Tilapia, Squash / Zucchini, Oven Browned Potatoes, Dinner Roll, Brownies</p>
<p>4 Chicken Fettuccine, Broccoli, Salad with Dressing, White / Wheat Bread, Cookie</p>	<p>5 BBQ Sausage Cuts, Potato Salad, Green Beans, Dinner Roll, Cake</p>	<p>6 Beef and Bean Chili, Brown Rice, Cornbread, Muffins, Pastries, Fruit</p>	<p>7 Baked Ham, Sweet Potatoes, Green Beans, Dinner Roll, Cookie</p>	<p>8 Beef Stew with Carrots, Peas and Potatoes, Cornbread Muffins Peach Cobbler</p>
<p>11 Creamy Turkey Noodle Casserole, Tossed Salad w/Dressing Fresh Fruit Medley</p>	<p>12 Sloppy Joe on Bun, French Fries, Onions and Pickles, Fresh Fruit Cup</p>	<p>13 Baked Chicken w/Gravy, Green Beans, Cucumber and Tomato Salad, Roll, Cake</p>	<p>14 Beef Stew with Carrots, Peas and Potatoes, Cornbread Muffins Peach Cobbler</p>	<p>15 Tilapia, Squash / Zucchini, Oven Browned Potatoes, Dinner Roll, Brownies</p>
<p>18 Turkey Pot Pie with Carrots and Green Peas, Banana Pudding</p>	<p>19 Black-eyed Pea Casserole w/Ground Beef, Tossed Salad w/Dressing, Dinner Roll, Orange Slices</p>	<p>20 Spaghetti w/Meat Sauce, Green Beans, Green Salad, Fruit</p>	<p>21 Chicken Broccoli Rice Casserole, Pea Salad, Cookie</p>	<p>22 Crunchy Codfish, Braised Cabbage, Macaroni and Cheese, Roll Banana</p>
<p>25 Chicken Enchilada Casserole with Black Beans, Corn, Cucumber and Tomato Salad, Fruit Cobbler</p>	<p>26 Black-eyed Pea Casserole w/Ground Beef, Tossed Salad w/Dressing, Dinner Roll, Orange Slices</p>	<p>27 BBQ Sausage Cuts, Potato Salad, Green Beans, Dinner Roll, Cake</p>	<p>28 Boxed Luncheon TBA</p>	<p>29 Chicken Fettuccine Broccoli, Tossed Salad w/Dressing, White / Wheat Bread, Cookie</p>