




Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Chicken Wrap Salad, Pickles Flour Tortilla Shells Milk and Fruit Salad</p>	<p>2</p> <p>Teriyaki Chicken BLT Rotini Pasta Salad Bread Milk Jell-O with Fruit Cocktail</p>	<p>3</p> <p>Hamburger w/Buns, Lettuce, Tomato, Pickle & Onion, Roasted Potatoes Milk and Cookies</p>	<p>4</p> <p>Turkey Tetrazzini Crisp Broccoli Salad Bread Milk and Fruit</p>	<p>5</p> <p>Chicken Fajitas with Peppers and Onions, Spanish Rice, Refried Beans, Flour Tortilla Shells, Milk</p>
<p>8</p> <p>Sloppy Joe with Buns Grilled Parmesan Veggies Milk and Fruit</p>	<p>9</p> <p>Ham and Broccoli Stir Fry Seasoned Rice Herb Green Beans Bread Milk and Rice Krispy Treats</p>	<p>10</p> <p>Grilled Chicken Sweet Potatoes Spinach Milk and Muffins</p>	<p>11</p> <p>Spaghetti Tossed Salad w/Dressing Bread Milk and Fruit</p>	<p>12</p> <p>Fish Sticks Steamed Carrots Herb Pasta Milk Red Velvet Cheese Cake</p>
<p>15</p> <p>Turkey Pot Pie w/Peas, Carrots and Potatoes Milk and Fruit Salad</p>	<p>16</p> <p>Chicken Marsala with Mushrooms, BLT Rotini Pasta Salad, Herb Green Beans, Bread Milk and Fruit</p>	<p>17</p> <p>Salisbury Steak Macaroni and Cheese Peas and Carrots Milk, Blueberry/Banana Nut Muffins</p>	<p>18</p> <p>Beef Enchiladas Black Beans Quinoa and Rice Corn Tortilla Shells Milk and Fruit</p>	<p>19</p> <p>Sack Lunch Turkey Sandwich Chips Milk and Granola Bars</p>
<p>22</p> <p>Glazed Pork Chops Peas and Carrots Bread Milk and Hershey Chocolate Pudding</p>	<p>23</p> <p>Soft Beef Tacos Pinto Beans Tortilla Chips Milk Rice Krispy Treats</p>	<p>24</p> <p>Chicken Fried Steak Steamed Corn Green Beans Milk and Fruit Gelatin</p>	<p>25</p> <p>Sliced Turkey California Blend Veggies Bread Milk and Brownies</p>	<p>26</p> <p>Lemon Pepper Tilapia Steamed Squash/ Zucchini, Tossed Salad with Dressing, Bread Milk and Fruited Gelatin</p>
<p>29</p> <p>All City Offices Will Be Closed in Observance of Memorial Day.</p> 	<p>30</p> <p>Citrus Chicken w/Bread Sweet Corn, Green Beans with Peppers and Onions Pinto Beans Milk and Fruit</p>	<p>31</p> <p>Beef Stew with Veggies Brown Rice Cornbread Milk and Fruit</p>	<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 and older. It is free and seniors do not have to be a member of the Lancaster Senior Life Center. Seniors ages 50-59, can purchase the nutritious meal for a fee of \$5.73. Seniors must complete an intake form and nutrition assessment prior to participating. The Congregate Meal Program is sponsored in part by the Dallas Area Agency on Aging "DAAA" and the Texas Department of Aging and Disability Services.</p>	