

Senior Life Center Menu Calendar
Congregate Meal Program

NOVEMBER 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>1 Ground Beef with Pinto Beans Brown Rice Casserole Steamed Carrots Jell-O with Pineapple Chunks</p>	<p>2 Stewed Chicken Mixed Greens Roasted Potatoes Wheat Bread Yellow Cake</p>	<p>3 Chicken Fajita Peppers and Onions Spanish Rice Refried Beans, Tortilla Shells Granola Bar</p>
<p>6 Chicken Parmesan Black Beans Steamed Carrots Bread Fig Bars</p>	<p>7 Hamburger with Bun Romaine Lettuce Tomatoes, Onions, Pickles, Roasted Potatoes Cookie</p>	<p>8 Pork Loin Steamed Broccoli/Cauliflower Chick Peas Wheat Bread Fruit</p>	<p>9 Chicken Wraps Romaine Lettuce Cheese and Tomatoes, Seasoned Garden Pasta Flour Tortillas and Fruit</p>	<p>10 Swedish Meatballs With Pasta Mixed Veggies Pastries</p>
<p>13 Chicken Fettuccine Broccoli, Tossed Salad with Fresh Spinach, Tomatoes Carrots and Dressing French Bread Oatmeal Cookie</p>	<p>14 Chopped Beef Sandwich Corn and Green Beans Potato Salad Variety of Chips</p>	<p>15 Lemon Herb Chicken Salad with Tomatoes Raisins, Onions and Dressing Black Beans with Corn Bread Fruit</p>	<p>16 Senior Thanksgiving Lunch <i>Holiday Luncheon</i></p>	<p>17 Roasted Chicken Mashed Potatoes Vegetable Medley Wheat Bread Fruit</p>
<p>20 Roasted Chicken Seasoned Pasta Vegetable Medley Wheat Bread Fruit</p>	<p>21 Country Fried Steak/Gravy Garlic Potatoes Snap Green Beans with Onions and Red Peppers Wheat Bread Cookie</p>	<p>22 Chicken Enchilada Casserole Wild Rice, Refried Beans Mixed Veggies Muffins</p>	<p>23 CLOSED FOR THANKSGIVING. <i>HAPPY THANKSGIVING</i> <i>NOT A TURKEY</i> <i>GIVE THANKS</i> <i>THANKS</i></p> 	<p>24 CLOSED FOR THANKSGIVING. <i>OUTTA MY WAY... IT'S BLACK FRIDAY!</i> <i>Black Friday Sale</i></p> 
<p>27 Baked Tilapia Squash / Zucchini Whole Grain Bread Pudding</p>	<p>28 Spaghetti and Meatballs Romaine Salad with Tomatoes, Raisins Walnuts and Dressing Fig Bar</p>	<p>29 Smothered Pork Chops Broccoli Rice Casserole Green Beans with Potatoes Hershey Chocolate Cake</p>	<p>30 Sliced Turkey Boxed Lunch Chips Wheat Bread Cookie</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>