



Senior Meal Program Menu Calendar
 "Adding Living to Life!"

July 2018



| Monday | Tuesday | Wednesday | Thursday | Friday |
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| <p>2</p> <p>Salisbury Steak Garlic Potatoes, Green Beans, Dinner Roll, Cookie</p> | <p>3</p> <p>Turkey Loin Squash/Zucchini Macaroni and Cheese Dinner Roll, Apples</p> | <p>4</p>  <p>All City Offices Will Be Closed In Observance Of The Holiday.</p> | <p>5</p> <p>Chicken Fajita w/Peppers and Onions, Spanish Rice, Pinto Beans, Tortillas, Pico De Gallo, Cookie</p> | <p>6</p> <p>Chicken Salad Sandwiches Pasta Salad Watermelon Salad</p> |
| <p>9</p> <p>Cheese Ravioli with Meat Sauce, Spinach Salad Garlic Bread Watermelon Fruit Salad</p> | <p>10</p> <p>Turkey Hot Dogs Broccoli Cole Slaw, Pinto Beans, Apple Sauce</p> | <p>11</p> <p>Baked Chicken, Corn, Green Pea Salad Dinner Rolls, Cake</p> | <p>12</p> <p>Tuna Sandwiches Veggie Pasta Salad Brownie</p> | <p>13</p> <p>Black-Eyed Pea Casserole with Ground Beef, Tossed Salad with Dressing, Dinner Roll, Orange Slices</p> |
| <p>16</p> <p>Turkey Breast, Broccoli, Yams, Dinner Roll Apple Sauce</p> | <p>17</p> <p>Spaghetti with Meat Sauce, Green Beans, Green Salad, Fruit</p> | <p>18</p> <p>Turkey Burger on Bun Potato Chips Tossed Salad w/Dressing Banana Pudding</p> | <p>19</p> <p>Chicken Fried Chicken Cabbage, Mashed Potatoes, Dinner Roll Cinnamon Baked Apples</p> | <p>20</p> <p>Beef and Bean Chili Brown Rice Cornbread Muffins Pastry</p> |
| <p>23</p> <p>Creamy Turkey Noodle Casserole, Tossed Salad w/ Dressing, Dinner Rolls, Brownie</p> | <p>24</p> <p>BBQ Ribs, Beans Potato Salad, Bread Fruit Cobbler</p> | <p>25</p> <p>Hamburger on Bun Carrot Sticks, Fries Watermelon Salad Watermelon Fruit Salad</p> | <p>26</p> <p>Tuna Salad Corn Salad Cookie</p> | <p>27</p> <p>Grilled Chicken with Pasta (cold) Veggies Cake</p> |
| <p>30</p> <p>Chicken Spaghetti Green Beans, Green Salad Fruit</p> | <p>31</p> <p>Beef Fajita w/Peppers and Onions, Spanish Rice, Pinto Beans, Tortillas, Pico De Gallo, 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 prior to participating. Sponsored in part by the Dallas Area Agency on Aging "DAAA" and the Texas Department of Aging and Disability Services.</p> | <p>*Senior Meal Program participants are required to call in to reserve a lunch meal 24-48 hours in advance.</p> | <p>NUTRITION INFORMATION Proper nutrition and hydration are key elements that can possibly prevent hospitalizations and 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> |