

Victoria County Senior Citizens Association Menu

June 2017

Main Site (7 am - 3 pm)
603 E. Murray Street @ South Navarro
361-576-2189

Satellite Site (8 am – 12:30 pm)
4009 Halsey Street (Off of Crestwood)
361-575-2865

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Pork Roast Brown Gravy O'Brien Potatoes Stewed Okra & Tomatoes Wheat Roll Cherry Gelatin	2 Tuna Salad on Lettuce Potatoes Salad Tomato Quarters Saltine Crackers Oatmeal Cookie	3
4	5 Cheese Tortellini Alfredo Sauce Zucchini Green Salad Brownie	6 Soft Beef Taco Flour Tortilla Lettuce & Tomato Calabaza Squash Pinto Beans Orange	7 Baked Fish Seasoned Spinach Black Bean and Rice Medley Cornbread Chocolate Mousse & Whip Topping	8 Salisbury Steak Mashed Potatoes Carrots Wheat Roll Carrot Cake	9 Sweet & Sour Chicken White Rice Egg Roll Sweet & Sour Sauce Green Beans Fruit	10
11	12 Baked Chicken Breast Cornbread Dressing Winter Blend Wheat Roll Fruit Cup	13 Beef Tips Herbed Orzo Baked Spinach Green Salad Salad Dressing Chocolate Pudding	14 BBQ Pulled Pork on Wheat Bun Baked Beans Sliced Onion & Pickle Cabbage Slaw Banana Pudding	15 Pork Chops Baked Broccoli & Rice Casserole Green Salad Salad Dressing Chocolate Chip Cookie	16 Chicken Fried Steak Country Gravy Whipped Potatoes Brussels Sprouts Wheat Bread Peach Slices	17
18	19 Beef Tip & Spanish Rice Fiesta Corn Pinto Beans Flour Tortilla Chocolate Cake	20 Turkey Sandwich on Wheat Macaroni Salad Lettuce & Tomato Chips Fruit	21 Pineapple Glazed Ham Candied Sweet Potatoes Broccoli & Raisin Wheat Roll Yellow Cake	22 Meatloaf with Gravy Whipped Potatoes Capri Mix Wheat Bread Mandarin Orange & Pineapple	23 Cheese Enchilada Casserole Pinto Beans Corn Tortilla Chips Salsa Sugar Cookies	24
25	26 Chicken Spaghetti Winter Blend Cucumber & Tomato Salad Garlic Bread Sticks Cherry Cobbler	27 Baked Chicken Rotini Pasta Green Beans Wheat Bread Rice Pudding	28 <u>Birthday Party</u> Carne Guisada Flour Tortilla Pinto Beans Spanish Rice Cake Ice Cream	29 Creole Pork Chop Butter Potatoes Baked Spinach Broccoli & Raisin Salad Wheat Bread Brownie	30 Eggplant Parmesan Casserole Green Bean Green Salad Garlic Bread Sticks Gingerbread Square	<p>Menu by: Stephanie Whitley, RDN, LD</p>

Low Fat Milk offered w/each meal. We do not add Salt when cooking.

Everyone 60 and older is welcome (\$3.00 suggested donation). 59 and under: \$7.25

Lunch is served at 11 am.

victoriaseniorcitizens.org