

Victoria County Senior Citizens Association Menu

August 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 Turkey Sandwich on Wheat Lettuce Leaf Cabbage Slaw Chips Tomatoes Pineapple	2 Pineapple Glazed Ham Winter Blend Candied Sweet Potatoes Wheat Roll Chocolate	3 Meatloaf with Gravy Whipped Potatoes Mixed Vegetables Wheat Bread Mandarin Orange & Pineapple	4 Cheese Enchilada Casserole Pinto Beans Corn Tortilla Chips Salsa Cookie	5
6	7 Baked Fish Cauliflower Cucumber & Tomato Salad Wheat Roll Rice Krispie Treat	8 Baked Chicken Noodles Romanoff Winter Blend Wheat Bread Pudding	9 Carne Guisada Flour Tortilla Pinto Beans Spanish Rice Fruit Cup	10 Baked Pork Chop Mashed Potatoes Capri Mix Wheat Bread Brownie	11 Eggplant Parmesan Casserole Green Beans Garlic Bread Stick Gingerbread Square	12
13	14 BBQ Sausage Baked Beans Brussel Sprouts Potato Salad Wheat Bread Pear Halves	15 Chicken Tetrzzini Broccoli & Cheese Green Salad Peaches & Blueberries	16 Hamburger on Bun French Fries Lettuce, Tomato & Pickle Spice Cake	17 Beef Tips White Rice Green Beans Wheat Bread Banana Pudding with Wafers	18 Spaghetti & Meat Sauce Pea & Carrots Toasted Garlic Bread Fruited Gelatin	19
20	21 Salisbury Steak Brown Gravy Mix Vegetable Black Eyed Peas Wheat bread Orange	22 Hawaiian Chicken White Rice Sweet Peas Green Salad Salad Dressing Wheat Roll Fruit Cocktail	23 Tamale Pie Pinto Beans Fiesta Corn Tortilla Chips Salsa Apple Sauce	24 Pork Roast Brown Gravy O'Brien Potatoes Stewed Okra & Tomatoes Wheat Roll Cherry Gelatin	25 Chicken Salad Potatoes Salad Tomato Quarters Saltine Crackers Oatmeal Cookie	26
27	28 Cheese Tortellini Alfredo Sauce Zucchini Green Salad Garlic Bread Sticks Fruit Cup	29 Soft Beef Taco Flour Tortilla Lettuce & Tomato Corn Pinto Beans Orange	30 Baked Chicken Breast Seasoned Spinach Black Beans & Rice Medley Cornbread Cake	31 Hamburger Steak Rice Pilaf Butter Carrots Wheat Roll Cookie		

Menu by:
Stephanie Whitley, RDN, LD

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