

Victoria County Senior Citizens Association Menu

November 2018

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 Salisbury Steak Whipped Potatoes Roasted Carrots Wheat Bread Fruit	2 Crispy Baked Catfish Hushpuppies Coleslaw Pinto Beans Brownie	3
4	5 Baked Ham Sweet Potatoes Spinach Casserole Green Salad Wheat Roll Carrot Cake	6 Chili Con Carne Onion & Cheddar Garnish White Rice Okra & Tomatoes Fruit	7 Garlic Stuffed Chicken Potatoes Au Gratin Green Salad Wheat Roll Oatmeal Cookie	8 Beef Stew With Potatoes & Carrots Broccoli & Raisin Salad Cornbread Apple Cobbler	9 Pasta Alfredo Fettuccini Pasta Zucchini & Tomatoes Green Salad Garlic Bread Fruit	10
11	12 CLOSED Veterans Day!	13 Jamaican Jerk Pork White Rice Sautéed Cabbage Wheat Roll Chocolate Cake	14 Roast Turkey & Gravy Cornbread Stuffing Green Bean Casserole Wheat Roll Cranberry Sauce Pumpkin Pie	15 Hamburger on Bun Cheese Slice Lettuce, Tomato & Pickles Potato Salad Carrot/Celery Sticks Applesauce Cake	16 Arroz con Pollo (Chicken with Rice) Pinto Beans Stir-Fry Vegetables Tortilla Vanilla Pudding	17
18	19 Spaghetti & Meat Sauce Zucchini Green Salad Toasted Garlic Bread Fruit	20 Rosemary Garlic Pork Greens Black Eyed Peas Cornbread Peach Crisp	21 Chicken Pot Pie Green Salad Wheat Roll Fruit Cocktail Rice Krispies Treat	22 CLOSED Thanksgiving Day!	23 CLOSED	24
25	26 Beef Tips White Rice Asian Blend Wheat Bread Brownie	27 Chicken & Dumplings Green Salad Wheat Roll Strawberries & Cream Pie	28 Beef Fajita Brown Gravy Roasted Potatoes Capri Mix Vegetables Wheat Roll Peach Slices	29 Frito Pie Green Salad Banana Bread	30 Chicken Cacciatore Whipped Potatoes Broccoli Biscuit Fruit	31 Menu by: Stephanie Whitley, RDN, LD

Low Fat Milk offered w/each meal.

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

Lunch is served at 11 am.

victoriaseniorcitizens.org