





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Garlic Herb Tilapia Black-eyed Peas Creamed Spinach Talapia en Hierbas Guisantes Ojos Negros Espinaca Cremada	4 Pork Loin w/ Gravy Roasted Potatoes Green Beans Puerco con Salsa Papas Horneada Ejotes	5 Italian Chicken Breast Bowtie Pasta Carrots Pollo Italiano Pasta de Corbata Zanahorias	6 Sliced Ham Macaroni & Cheese Mixed Vegetables Jamon Macarrones con Queso Verduras Mezclada	7 Meatballs w/ gravy Fluffy Rice Vegetable Medley Albondigas con Salsa Arroz Verduras Mezclada
10 Lemon Herb Chicken Baby Bakers Turnip Greens Pollo Limón y Hierbas Papas Hojas de Nabo	11 Chicken Fried Steak Cream Gravy Mashed Potatoes Brussel Sprouts Pollo Frito con Salsa Pure de Papas Coles de Bruselas	12 Turkey Tetrazzini Peas & Carrots Asparagus Cazuela de Pavo Guisantes y Zanahoria Espárragos	13 Tamales w/ Chili Sauce Charro Beans Mexican Squash Tamales con Chile Frijoles Charros Calabaza	14 BBQ Chicken Breast Cheese Grits Southern Green Beans Pollo y Salsa BBQ Sémola de Queso Ejotes
17 Turkey Salad Sandwich Potato Salad Carrot Raisin Salad Sándwich de Ensalada de Pavo Ensalada de Papa Ensalada de Zanahoria con Pasas	18 Chicken Piccata Buttered Rice Lemon Broccoli Pollo Piccata Arroz con Mantequilla Brócoli con Limón	19 Fish Taco Pinto Beans Cilantro Lime Coleslaw Taco de Pescado Frijoles Pintos Ensalada de Col con Lima y Cilantro	20 Rosemary Chicken Buttered Noodles Seasoned Broccoli Pollo Romera Fideos en Mantequilla Brócoli Sazonada	21 Meatloaf Mashed Potatoes Seasoned Green Beans Pastel de Carne Pure de Papas Ejotes
24 Chicken Enchilada Yellow Rice Squash Medley Enchiladas de Pollo Arroz Amarillo Calabaza Mezclada	25 Beef Pepper Steak Garlic Mashed Potatoes Capri Vegetables Res Pimentado Pure de Papas con Ajo Verduras	26 Pulled Pork on a Bun Pinto Beans Oil & Vinegar Coleslaw Sándwich de Puerco Frijoles Ensalada de Col	27 Baked Fish Roasted Sweet Potatoes Mixed Vegetables Pescado al Horno Papas Dulce al Horno Verduras Mezclada	28 Mandarin Chicken Brown Rice Pilaf Asian Vegetables Pollo Mandarin Arroz Verduras Asiática
		June 14th 	Menus are prepared in partnership with Ben E. Keith Foods by Jackie Scimeca Licensed Dietician Texas Dept. of Licensing & Regulation #DT83358 	 

LUNCH * ALMUERZO - 12:00 pm - 1:00 pm

Lunch is based on a voluntary contribution of \$5.00 for members, \$7.00 for non-members and \$3.00 for Meals on Wheels. Services will not be denied if a contribution is not made.

Hay una contribucion voluntaria de \$5.00 para miembros, \$7.00 para no miembros y \$3.00 para Meals on Wheels (servicio de comidas a domicilio). No se negaran los servicios si no se hace una contribucion.

COMFORT GOLDEN AGE CENTER - Please Call in your meal request by 8:15am on the day of delivery. 830-995-3032