

DeSoto Senior Activity Center

NOVEMBER 2019

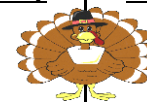


~ - Entrée Contains Soy
* - Contains Pork

This Program is funded by Dallas County, the Texas Department of Aging and Disability Services and Dallas Area Agency on Aging. Relay Texas
1-800-735-2989

Friday
11/1/2019
Meatloaf~ Tomato Gravy Parslied Potatoes Italian Green Beans Dinner Roll Ranger Cookie/ Milk

Monday	Tuesday	Wednesday	Thursday	Friday
11/4/2019	11/5/2019	11/6/2019	11/7/2019	11/8/2019
Country Fried Steak with Gravy Garlic Whipped Potatoes Green Beans Wheat Bread Fresh Apple Milk	Margarita Chicken Mixed Beans Country Vegetables Multi Grain Bread Nutty Buddy Bar Milk	Beef Chili with Beans Rice Braised Carrots Saltine Crackers Fruited Yogurt Milk	Grilled Pork with Gravy~* Baked Beans Asian Cabbage Wheat Bread Sugar Cookie Milk	Hamburger Patty~ Lettuce/Tomato/Onion Tater Tot Casserole Hamburger Bun Cinnamon Applesauce Mustard & Ketchup/ Milk
Monday	Tuesday	Wednesday	Thursday	Friday
11/11/2019	11/12/2019	11/13/2019	11/14/2019	11/15/2019
Lemon Herb Chicken Scalloped Potatoes Capri Vegetables Wheat Bread Fig Bar Margarine/ Milk	BBQ Pork Rib Patty ~* Whole Kernel Corn Broccoli Texas Bread Fresh Orange Milk	Birthday Meal Baked Chicken Thigh Chicken Gravy/Parslied Rice Mixed Vegetables/Wheat Bread Frosted Birthday Cake Strawberry Ice Cream/ Milk	Spinach Lasagna Torte Tossed Salad Green Beans with Onions Whole Wheat Breadstick Cherry Gelatin with Peaches Ranch Salad Dressing/Milk	BOX LUNCH 2% Milk
Monday	Tuesday	Wednesday	Thursday	Friday
11/18/2019	11/19/2019	11/20/2019	11/21/2019	11/22/2019
Beef and Spanish Rice Charro Beans Cauliflower Wheat Bread Gingerbread Cookie Milk	Parmesan Chicken~ Penne Pomodoro Summer Vegetables Wheat Bread Fresh Apple Milk	Swiss Steak~ Ranch Roasted Potatoes Italian Green Beans Dinner Roll Strawberry Swirl Pudding Milk	Chicken & Sausage Cajun Pasta* Green Peas Braised Carrots Wheat Bread Lemon Gelatin with Pears Milk	Thanksgiving Turkey Breast with Gravy Cornbread Dressing Whipped Potatoes Dinner Roll/Pecan Pie Milk/Margarine/Cranberry Sauce
Monday	Tuesday	Wednesday	Thursday	Friday
11/25/2019	11/26/2019	11/27/2019	11/28/2019	11/29/2019
Salisbury Beef~ Rosemary Gravy Whipped Potatoes Catalina Vegetables Wheat Bread Nutty Buddy Bar/Milk	Cajun Pork Patty~* Country Corn Green Beans Wheat Bread Fresh Orange Milk	BOX LUNCH 2% Milk	Closed for Holiday	Closed for Holiday



Activities and services at this Center are equally accessible to all persons who are age 50 and over regardless of race, color, national origin, religious affiliation, handicap or impairment. A donation of \$1.00 is suggested for meal participants 60+ and their spouse otherwise the cost is \$6.00 per meal. Meals must be ordered by 11:30 a.m, two days in advance by calling 972-230-5825.

