

# LUNCH SEPTEMBER 2024

# VNA Meals on Wheels

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b></p> <p><b>CLOSED FOR HOLIDAY</b></p> <p><i>Please consume one of your shelf stables</i></p>	<p><b>3</b></p> <p>Dijon Breaded Chicken Black-Eyed Peas Garlic Parmesan Cauliflower Fresh Orange Texas Bread/Milk</p>	<p><b>4</b></p> <p>BBQ Pork Ribette* Macaroni &amp; Cheese Spring Vegetables Cinnamon Graham Crackers Dinner Roll/Milk</p>	<p><b>5</b></p> <p>Turkey Pastrami Sandwich Lettuce &amp; Tomato Potato Salad Oatmeal Cream Cookie Juice</p>	<p><b>6</b></p> <p>Cheeseburger on Bun Baked Beans Pineapple Cobbler Mustard/Ketchup Milk</p>
<p><b>9</b></p> <p>Chicken Alfredo Lemon Brussels Sprouts Sliced Carrots Fresh Apple Wheat Bread/Milk</p>	<p><b>10</b></p> <p>Country Fried Steak Whipped Potatoes Spring Vegetables Fudge Cream Cookie Wheat Bread/Milk</p>	<p><b>11</b></p> <p>Baked Chicken w/ Gravy Twice Whipped Potatoes Herbed Green Beans Zee Zee Bar Dinner Roll/Milk</p>	<p><b>12</b></p> <p>Italian Beef Macaroni Whole Kernel Corn Broccoli Animal Crackers Texas Bread/Juice</p>	<p><b>13</b></p> <p>Polish Sausage on Bun* Black Beans Stewed Tomatoes Fig Bar Milk/Mustard</p>
<p><b>16</b></p> <p>Soft Beef Taco Pinto Beans Fiesta Vegetables Sugar Cookie Milk/Taco Sauce</p>	<p><b>17</b></p> <p>Chicken Enchilada Soup Mexican Rice Stewed Tomatoes Oatmeal Cream Cookie Milk</p>	<p><b>18</b></p> <p>Salisbury Steak w/ Gravy Mashed Potatoes Italian Green Beans Nutty Buddy Bar Dinner Roll/Milk</p>	<p><b>19</b></p> <p>Turkey Pasta Bolognese Broccoli Parsley Carrots Strawberry Gelatin w/ Fruit Texas Bread/Juice</p>	<p><b>20</b></p> <p>Hamburger on Bun Lettuce &amp; Tomato Baked Beans Hot Cinnamon Applesauce Milk/Mustard/Ketchup</p>
<p><b>23</b></p> <p>Breaded Chicken Marinara Orzo Pasta Herbed Brussels Sprouts Fresh Apple Wheat Bread/Milk</p>	<p><b>24</b></p> <p>Soft Turkey Taco Charro Beans Ole Mixed Vegetables Sugar Cookie Milk/Taco Sauce</p>	<p><b>25</b></p> <p>Breaded Pork Patty* Parsley Rice Sliced Carrots Chocolate Graham Crackers Wheat Bread/Milk</p>	<p><b>26</b></p> <p>Texas Chili w/ Beans Oven Roasted Potatoes Spinach Fig Bar Saltine Crackers/Juice</p>	<p><b>27</b></p> <p>Lemon Caper Chicken Lentils Country Tomatoes Cinnamon Swirl Pudding Wheat Bread/Milk</p>
<p><b>30</b></p> <p>Swedish Beef Meatballs Rice Florentine Broccoli Cinnamon Graham Crackers Texas Bread/Milk</p>				

**NUTRITION INFORMATION:** Proper nutrition and hydration are key elements that can possibly prevent hospitalizations or even placement in long-term care facilities. Our menus are designed to meet a minimum of 1/3 daily nutritional requirements for older adults as required by the state of Texas. This equates to 3 ounces of protein, 2-3 servings of fruits and vegetables, 1 serving of grain, and 1 serving of milk. For more nutritional information, please visit our resource page at [www.vnatexas.org](http://www.vnatexas.org).



214-689-2639

Note: \*contains pork

Due to unavailability of certain items, appropriate substitutions may need to be used.