

LUNCH OCTOBER 2024

VNA Meals on Wheels

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1 Glazed Ham* Lima Beans Okra & Tomatoes Fresh Orange Corn Muffin/Milk</p>	<p>2 Meatloaf w/ Tomato Gravy Delmonico Tomatoes Peas & Carrots Fudge Cream Cookie Dinner Roll/Milk</p>	<p>3 Turkey Macaroni/Cheese Cauliflower Brussels Sprouts Lemon Gelatin w/ Peaches Texas Bread/Juice</p>	<p>4 Cheeseburger on Bun Ranch Beans Hot Pineapple Tidbits Mustard/Ketchup Milk</p>
<p>7 Breaded Chicken Patty Parsley Penne Pasta Country Tomatoes Fresh Apple Wheat Bread/Milk</p>	<p>8 Soft Pork Carnita Taco* Pinto Beans Glazed Carrots Sugar Cookie Milk/Taco Sauce</p>	<p>9 Baked Chicken w/ Gravy Twice Whipped Potatoes Lemon Zest Broccoli Zee Zee Bar Dinner Roll/Milk</p>	<p>10 Texas Chil w/ Beans White Rice Spinach Strawberry Gelatin w/ Pears Crackers/Juice</p>	<p>11 Hamburger on Bun Lettuce & Tomato Ranch Beans Hot Spiced Fruit Milk/Mustard/Ketchup</p>
<p>14 Beef Meatballs Jasmine Rice Japanese Vegetables Cinnamon Graham Crackers Wheat Bread/Milk</p>	<p>15 Breaded Chicken Patty Lima Beans Okra & Tomatoes Fresh Orange Texas Bread/Milk</p>	<p>16 Swiss Steak Whipped Potatoes Italian Green Beans Fudge Cream Cookie Dinner Roll/Milk</p>	<p>17 Glazed Ham* Macaroni & Cheese Broccoli & Carrots Lime Gelatin w/ Pineapple Wheat Bread/Juice</p>	<p>18 Hamburger on Bun Lettuce & Tomato Baked Beans Hot Cinnamon Applesauce Milk/Mustard/Ketchup</p>
<p>21 Turkey Pasta Bolognese Cauliflower Herbed Green Beans Fig Bar Texas Bread/Milk</p>	<p>22 Steakhouse Beef Patty Delmonico Potatoes Brussels Sprouts Fresh Apple Multigrain Bread/Milk</p>	<p>23 Lemon Caper Chicken Parsley Rice Catalina Vegetables Craisins Dinner Roll/Milk</p>	<p>24 Homestyle Beef Casserole Green Peas Broccoli Cinnamon Swirl Pudding MultiGrain Bread/Juice</p>	<p>25 Herbed Turkey Breast Penne Florentine Scalloped Tomatoes Chocolate Chip Cookie Texas Bread/Milk</p>
<p>28 Meatloaf w/ Tomato Gravy Garlic Whipped Potatoes Brussel Sprouts Chocolate Graham Crackers Texas Bread/Milk</p>	<p>29 Breaded Chicken Picatta Penne Pomodoro Parsley Carrots Fresh Orange Dinner Roll/Milk</p>	<p>30 Soft Beef Picadillo Taco Charro Beans Mexican Rice Sugar Cookie Milk</p>	<p>31 Chicken & Dumplings Lentils Okra & Tomatoes Oatmeal Cream Cookie Corn Muffin/Juice</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.



214-689-2639

Note: *contains pork

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