

LUNCH DECEMBER 2024

VNA Meals on Wheels

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breaded Chicken Marsala 2 Penne Pasta Country Tomatoes Fresh Apple Wheat Bread/Milk	Soft Pork Carnita Taco* 3 Pinto Beans Sliced Carrots Sugar Cookie Milk/Taco Sauce	Baked Chicken w/ Gravy 4 Twice Whipped Potatoes Lemon Zest Broccoli Oatmeal Cream Cookie Dinner Roll/Milk	Texas Chili w/ Beans 5 Steamed Rice Spinach Strawberry Gelatin w/ Pears Juice	Hamburger on Bun 6 Lettuce & Tomato Ranch Style Beans Hot Spiced Fruit Milk/Mustard/Ketchup
Mongolian Beef Meatballs 9 Jasmine Rice Japanese Vegetables Cinnamon Graham Crackers Wheat Bread/Milk	Cajun Breaded Chicken 10 Lima Beans Okra & Tomatoes Fresh Orange Texas Bread/Milk	Swiss Steak 11 Whipped Potatoes Italian Green Beans Soft Baked Nutrition Bar Dinner Roll/Milk	Glazed Ham* 12 Macaroni & Cheese Broccoli & Carrots Lime Gelatin w/ Pineapple Wheat Bread/Juice	Hamburger on Bun 13 Lettuce & Tomato Baked Beans Hot Cinnamon Applesauce Milk/Mustard/Ketchup
Turkey Pasta Bolognese 16 Cauliflower Herbed Green Beans Fig Bar Texas Bread/Milk	Steakhouse Beef Patty 17 Delmonico Potatoes Brussels Sprouts Fresh Apple Multigrain Bread/Milk	Lemon Caper Chicken 18 Parsley Rice Catalina Vegetables Craisins Dinner Roll/Milk	Homestyle Beef Casserole 19 Broccoli Medley Cabbage Cinnamon Swirl Pudding Multigrain Bread/Juice	Herbed Turkey Breast 20 Pasta Florentine Scalloped Tomatoes Chocolate Chip Cookie Texas Bread/Milk
Meatloaf w/ Tomato Gravy 23 Garlic Whipped Potatoes Brussels Sprouts Chocolate Graham Crackers Texas Bread/Milk	Breaded Chicken Piccata 24 Penne Pomodoro Parsley Carrots Fresh Orange Dinner Roll/Milk	Christmas Meal 25 Turkey Breast w/ Gravy Cornbread Dressing Mixed Vegetables Ambrosia Pudding Dinner Roll/Milk	Chicken & Dumplings 26 Lentils Okra & Tomatoes Oatmeal Cream Cookie Cornbread/Margarine/Juice	Hamburger on Bun 27 Lettuce & Tomato Ranch Style Beans Peach Cobbler Milk/Mustard/Ketchup
Chicken Enchilada Soup 30 Spanish Rice Mexican Style Tomatoes Fudge Cream Cookie Milk	New Year's Meal 31 Honey Glazed Ham* Black-Eyed Peas Medley Cabbage Brownie Dinner Roll/Milk/Margarine			

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.