

LUNCH JANUARY 2025

VNA Meals on Wheels

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Closed for Holiday 1 Please consume one of your shelf stable meals	2 Sloppy Joe on Bun Roasted Potatoes Mixed Vegetables Fruited Orange Gelatin Juice	3 Breaded Chicken Patty Chuckwagon Corn Green Beans Oreo Cookies Texas Bread/Milk
6 Beef Stroganoff Broccoli Glazed Carrots Fresh Orange Texas Bread/Milk	7 Baked Chicken Breast Confetti Rice Garlic Parmesan Cauliflower Cinnamon Graham Crackers Multigrain Bread/Milk	8 Meatloaf w/ Brown Gravy Twice Whipped Potatoes Herbed Green Beans Soft Baked Nutrition Bar Dinner Roll/Milk	9 Turkey Spaghetti Brussels Sprouts Country Tomatoes Butterscotch Pudding Wheat Bread/Juice	10 Cheeseburger on Bun Baked Beans Apple Cobbler Mustard/Ketchup Milk
13 Breaded Chicken Patty Penne Pasta Lemon Zest Broccoli Fresh Apple Texas Bread/Milk	14 Thai Chili Beef Meatballs Steamed Rice Ginger Carrots Oatmeal Cream Cookie Wheat Bread/Milk	15 Country Fried Steak Garlic Whipped Potatoes Herbed Green Beans Strawberry Craisins Dinner Roll/Milk	16 Salisbury Steak/Gravy Black-Eyed Peas Creole Tomatoes Animal Crackers Wheat Bread/Juice	17 Glazed Ham* Delmonico Potatoes Mixed Greens Sugar Cookie Corn Muffin/Milk/Margarine
MLK Day Menu 20 BBQ Pork Rib Patty* Ranch Whipped Potatoes Broccoli & Cauliflower Chocolate Chip Cookie Wheat Bread/Milk	21 Chicken Meatballs Parmesan Penne Pasta Spinach Fresh Orange Texas Bread/Milk	22 Picante Meatloaf Mexican Rice Calabasa Squash Fudge Cream Cookie Texas Bread/Milk	23 Turkey Macaroni/Cheese Lentils Sliced Carrots Fruited Cherry Gelatin Wheat Bread/Juice	24 Hamburger on Bun Lettuce & Tomato Ranch Beans Pineapple Cobbler Milk/Mustard/Ketchup
27 Breaded Chicken Patty Parsley Penne Pasta Country Tomatoes Fresh Apple Wheat Bread/Milk	28 Soft Pork Carnita Taco* Pinto Beans Glazed Carrots Sugar Cookie Milk/Taco Sauce	29 Baked Chicken w/ Gravy Twice Whipped Potatoes Lemon Zest Broccoli Oatmeal Cream Cookie Dinner Roll/Milk	30 Texas Chili w/ Beans Steamed Rice Spinach Strawberry Gelatin w/ Pears Saltine Crackers/Juice	31 Hamburger on Bun Lettuce & Tomato Ranch Beans Hot Spiced Fruit Milk/Mustard/Ketchup

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.