

# LUNCH FEBRUARY 2025

# VNA Meals on Wheels

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mongolian Beef Meatballs <b>3</b> Jasmine Rice Japanese Vegetables Cinnamon Graham Crackers Wheat Bread/Milk	Cajun Breaded Chicken <b>4</b> Lima Beans Okra & Tomatoes Fresh Orange Texas Bread/Milk	Swiss Steak <b>5</b> Whipped Potatoes Italian Green Beans Fudge Cream Cookie Dinner Roll/Milk	Glazed Ham* <b>6</b> Macaroni & Cheese Broccoli & Carrots Lime Gelatin w/ Pineapple Wheat Bread/Juice	Hamburger on Bun <b>7</b> Lettuce & Tomato Baked Beans Peach Cobbler Milk/Mustard/Ketchup
Turkey Pasta Bolognese <b>10</b> Cauliflower Herbed Green Beans Fig Bar Texas Bread/Milk	Steakhouse Beef Patty <b>11</b> Delmonico Potatoes Brussels Sprouts Fresh Apple Multigrain Bread/Milk	Lemon Caper Chicken <b>12</b> Parsley Rice Catalina Vegetables Soft Baked Nutrition Bar Dinner Roll/Milk	Homestyle Beef Casserole <b>13</b> Broccoli Medley Cabbage Cinnamon Swirl Pudding Multigrain Bread/Juice	Herbed Turkey Breast <b>14</b> Penne Florentine Scalloped Tomatoes Chocolate Chip Cookie Texas Bread/Milk
Meatloaf w/ Tomato Gravy <b>17</b> Garlic Whipped Potatoes Brussel Sprouts Chocolate Graham Crackers Texas Bread/Milk	Breaded Chicken Picatta <b>18</b> Penne Pomodoro Parsley Rice Fresh Orange Dinner Roll/Milk	Beef Picadillo Soft Taco <b>19</b> Charro Beans Mexican Rice Sugar Cookie Milk	Chicken & Dumplings <b>20</b> Lentils Okra & Tomatoes Oatmeal Cream Cookie Cornbread/Juice/Margarine	Hamburger on Bun <b>21</b> Lettuce & Tomato Ranch Beans Peach Cobbler Milk/Mustard/Ketchup
Chicken Enchilada Soup <b>24</b> Spanish Rice Mexican Style Tomatoes Fudge Cream Cookie Milk	Italian Beef Macaroni <b>25</b> Broccoli Sliced Carrots Fresh Apple Texas Bread/Milk	Polish Sausage on Bun* <b>26</b> Chili Beans Tangy Spinach Cherry Craisins Milk	Sloppy Joe on Bun <b>27</b> Roasted Potatoes Mixed Vegetables Fruited Orange Gelatin Juice	Breaded Chicken Patty <b>28</b> Chuckwagon Corn Green Beans Oreo Cookie Texas Bread/Milk
				 <p><i>Happy Valentine's Day</i></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).



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*Note: \*contains pork*

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