

LUNCH MARCH 2025

VNA Meals on Wheels

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beef Stroganoff 3 Broccoli Glazed Carrots Fresh Orange Texas Bread/Milk	Baked Chicken Breast 4 Confetti Rice Japanese Vegetables Cinnamon Graham Crackers Multigrain Bread/Milk	Meatloaf w/ Brown Gravy 5 Twice Whipped Potatoes Herbed Green Beans Nutty Buddy Bar Dinner Roll/Milk	Turkey Spaghetti 6 Brussels Sprouts Country Tomatoes Butterscotch Pudding Wheat Bread/Juice	Cheeseburger on Bun 7 Baked Beans Apple Cobbler Mustard/Ketchup Milk
Breaded Chicken Marinara 10 Penne Pasta Lemon Zest Broccoli Fresh Apple Texas Bread/Milk	Thai Chili Beef Meatballs 11 Steamed Rice Ginger Carrots Oatmeal Cream Cookie Wheat Bread/Milk	Country Fried Steak/Gravy 12 Garlic Whipped Potatoes Herbed Green Beans Strawberry Craisins Dinner Roll/Milk	Salisbury Steak w/ Gravy 13 Black-Eyed Peas Creole Tomatoes Soft Baked Nutrition Bar Wheat Bread/Juice	Soft Turkey Taco 14 Pinto Beans Ole Mixed Vegetables Pina Colada Pudding Milk/Taco Sauce
St. Patrick's Day Meal 17 Polish Sausage* Whipped Potatoes Medley Cabbage Oreo Cookies Dinner Roll/Milk/Margarine	Chicken Meatballs 18 Parmesan Penne Pasta Spinach Fresh Orange Texas Bread/Milk	Picante Meatloaf 19 Mexican Rice Calabasa Squash Fudge Cream Cookie Texas Bread/Milk	Turkey Macaroni/Cheese 20 Lentils Sliced Carrots Fruited Cherry Gelatin Wheat Bread/Juice	Hamburger on Bun 21 Lettuce & Tomato Ranch Beans Pineapple Cobbler Milk/Mustard/Ketchup
Breaded Chicken Marsala 24 Parsley Penne Pasta Country Tomatoes Fresh Apple Wheat Bread/Milk	Soft Pork Carnita Taco* 25 Pinto Beans Glazed Carrots Sugar Cookie Milk/Taco Sauce	Baked Chicken w/ Gravy 26 Twice Whipped Potatoes Lemon Zest Broccoli Oatmeal Cream Cookie Dinner Roll/Milk	Texas Chili w/ Beans 27 Steamed Rice Spinach Strawberry Gelatin w/ Pears Saltine Crackers/Juice	Hamburger on Bun 28 Lettuce & Tomato Ranch Beans Hot Spiced Fruit Milk/Mustard/Ketchup
Mongolian Beef Meatballs 31 Jasmine Rice Japanese Vegetables Cinnamon Graham Crackers Wheat Bread/Milk				

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.