

# LUNCH OCTOBER 2021

# VNA Meals on Wheels

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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Mexican Beef Casserole 4 Spanish Rice Green Beans Graham Crackers Wheat Bread/Milk	BBQ Breaded Chicken 5 Mashed Spiced Yams Country Vegetables Sugar Cookie Wheat Bread/Milk	Ham & Pinto Beans 6 Confetti Rice Medley Cabbage Fresh Apple Corn Muffin/Milk/Margarine	Honey Mustard Chicken 7 Twice Whipped Potatoes Peas & Carrots Nutty Buddy Bar Wheat Bread/Milk	Green Chile Hamburger 8 Lettuce & Tomato Ranch Style Beans Hot Spiced Peaches Milk/Mustard/Ketchup
BBQ Pork on Bun* 11 Macaroni & Cheese Medley Cabbage Orange Gelatin w/ Pineapple Milk	Cajun Beef Patty 12 Whipped Potatoes Catalina Vegetables Oatmeal Raisin Cookie Wheat Bread/Milk	Breaded Chicken 13 Orzo Pasta Sliced Carrots Zee Zee Confetti Bar Texas Bread/Milk	Sloppy Joe on Bun 14 Crispy Cubed Potatoes Lemon Zest Broccoli Fudge Cream Cookie Milk	Spinach Lasagna 15 Tossed Salad Green Peas Hot Spiced Pineapple Texas Bread/Milk
Smoked Sausage on Bun* 18 Scalloped Potatoes Garden Vegetables Raisins Milk	Chicken Breast Marinara 19 Pesto Penne Pasta Italian Vegetables Chocolate Chip Cookie Texas Bread/Milk	Swiss Steak 20 Whipped Potatoes Italian Green Beans Animal Crackers Dinner Roll/Milk	Breaded Fish Sandwich 21 Black-Eyed Peas Glazed Carrots Graham Crackers Milk/Tartar Sauce	Hamburger on Bun 22 Lettuce & Tomato Ranch Style Beans Hot Cinnamon Applesauce Milk/Mustard/Ketchup
BBQ Pork Ribette* 25 Whole Kernel Corn Broccoli Lime Gelatin w/ Pears Wheat Bread/Milk	Homestyle Beef Casserole 26 Green Peas Lemon Brussels Sprouts Fresh Orange Wheat Bread/Milk	Baked Chicken w/ Gravy 27 Garlic Whipped Potatoes Italian Green Beans Chocolate Chip Muffin Dinner Roll/Milk	Soft Beef Taco 28 Bell Pepper Medley Charro Beans Sugar Cookie Milk/Taco Sauce	Chicken Chili 29 Dirty Rice Beef Braised Carrots Brownie Saltine Crackers/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.



214-689-2639

Note: \*contains pork

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