

LUNCH JANUARY 2022

VNA Meals on Wheels

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Smoked Sausage on Bun* 3 Mexican Corn Creole Tomatoes Fig Bar Milk/Mustard	Beef Stroganoff 4 Herbed Green Peas Steamed Cabbage Graham Crackers Wheat Bread/Milk	Breaded Chicken Patty 5 Whipped Potatoes Spring Vegetables Oreo Cookies Wheat Bread/Milk	Sloppy Joe on Bun 6 Chili Beans Parsley Carrots Fresh Orange Milk	Breaded Fish Sandwich 7 Confetti Rice Green Beans Blueberry Muffin Milk
Meatballs Pomodoro 10 Parmesan Penne Pasta Peas & Carrots Chocolate Swirl Pudding Texas Bread/Milk	Turkey Macaroni Bake 11 Whole Kernel Corn Green Beans Fresh Apple Wheat Bread/Milk	BBQ Pork Ribette* 12 Ranch Style Beans Catalina Vegetables Zee Zee Bar Dinner Roll/Milk	Chicken Broccoli Alfredo 13 Mixed Vegetables Country Tomatoes Oatmeal Cream Cookie Wheat Bread/Milk	Hamburger on Bun 14 Lettuce & Tomato Baked Beans Peach Cobbler Milk/Mustard/Ketchup
Salisbury Steak w/ Gravy 17 Whipped Potatoes Mixed Vegetables Lime Gelatin w/ Pears Wheat Bread/Milk	Turkey & Rice Casserole 18 Squash/Zucchini/Tomatoes Brussels Sprouts Gingerbread Cookie Wheat Bread/Milk	Chicken Breast w/ Gravy 19 Macaroni & Cheese Italian Green Beans Graham Crackers Dinner Roll/Milk	Texas Chili w/ Beans 20 Parsley Rice Rosemary Carrots Fresh Orange Saltine Crackers/Milk	Honey Baked Chicken 21 Black-Eyed Peas Cauliflower w/ Red Peppers Brownie Texas Bread/Milk
Lemon Pepper Chicken 24 Whole Kernel Corn Broccoli Chocolate Pudding Texas Bread/Milk	Thai Chili Pork Patty* 25 Steamed Rice Japanese Vegetables Fresh Apple Texas Bread/Milk	Meatloaf w/ Brown Gravy 26 Delmonico Potatoes Herbed Green Beans Fudge Cream Cookie Dinner Roll/Milk	Buffalo Ranch Chicken 27 Pasta Florentine Squash/Zucchini/Tomatoes Oatmeal Raisin Cookie Wheat Bread/Milk	Hamburger on Bun 28 Lettuce & Tomato Baked Beans Hot Spiced Peaches Milk/Mustard/Ketchup
Beef w/ Onion Gravy 31 Whipped Potatoes Parsley Carrots Cherry Gelatin w/ Pineapple 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.



214-689-2200

Note: *contains pork

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