

LUNCH JUNE 2025

VNA Meals on Wheels

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breaded Chicken Marinara ² Orzo Pasta Herbed Brussels Sprouts Fresh Apple Wheat Bread/Milk	Soft Turkey Taco ³ Charro Beans Ole Mixed Vegetables Craisins Milk/Taco Sauce	Breaded Pork Patty* ⁴ Parsley Rice Sliced Carrots Chocolate Graham Crackers Wheat Bread/Milk	Texas Chili w/ Beans ⁵ Oven Roasted Potatoes Spinach Fig Bar Saltine Crackers/Juice	Romesco Chicken ⁶ Pasta Florentine Country Tomatoes Chocolate Pudding Wheat Bread/Milk
Turkey Tetrizzini ⁹ Country Vegetables Stewed Tomatoes Sugar Cookie Wheat Bread/Milk	Chicken Chili ¹⁰ Corn O'Brien Sliced Carrots Fresh Orange Club Crackers/Milk	Swiss Steak ¹¹ Garlic Whipped Potatoes Italian Green Beans Soft Baked Nutrition Bar Dinner Roll/Milk	Baked Chicken Breast ¹² Confetti Rice Brussels Sprouts Orange Gelatin w/ Pineapple Texas Bread/Juice	Hamburger on Bun ¹³ Lettuce & Tomato Ranch Beans Peach Crisp Milk/Mustard/Ketchup
Chicken Meatballs ¹⁶ Northern Beans Parsley Carrots Cherry Craisins Texas Bread/Milk	Steakhouse Beef Patty ¹⁷ Whipped Potatoes Herbed Green Beans Fresh Apple Wheat Bread/Milk	Breaded Chicken Patty ¹⁸ Rotini & Tomatoes California Vegetables Nuttty Buddy Bar Dinner Roll/Milk	<i>Juneteenth Meal</i> ¹⁹ Polish Sausage on Bun* Baked Beans Cabbage Oreo Vanilla Pudding Milk/Mustard	Turkey & Dumplings ²⁰ Sliced Carrots Cauliflower Lime Gelatin w/ Pears Texas Bread/Milk
Beef Meatballs ²³ Rice Florentine Broccoli Cinnamon Graham Crackers Texas Bread/Milk	Glazed Ham* ²⁴ Lima Beans Okra & Tomatoes Fresh Orange Corn Muffin/Milk	Meatloaf w/ Tomato Gravy ²⁵ Delmonico Potatoes Peas & Carrots Oatmeal Cream Cookie Dinner Roll/Milk	Turkey Macaroni/Cheese ²⁶ Cauliflower Brussels Sprouts Lemon Gelatin w/ Peaches Texas Bread/Juice	Cheeseburger on Bun ²⁷ Ranch Style Beans Hot Pineapple Tidbits Mustard/Ketchup Milk
Bean Tamale Pie ³⁰ Mexican Rice Mexican Style Tomatoes Fudge Cream Cookie 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.