

LUNCH OCTOBER 2025

VNA Meals on Wheels

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Swiss Steak Garlic Whipped Potatoes Italian Green Beans Oreo Cookies Dinner Roll/Milk 1	Baked Chicken Confetti Rice Brussels Sprouts Orange Gelatin w/ Pineapple Texas Bread/Juice 2	Hamburger on Bun Lettuce & Tomato Ranch Beans Peach Crisp Milk/Mustard/Ketchup 3
Breaded Chicken Patty Penne Pasta w/ Tomatoes Lemon Broccoli Fresh Apple Texas Bread/Milk 6	Korean BBQ Meatballs White Rice Ginger Carrots Oatmeal Cream Cookie Wheat Bread/Milk 7	Country Fried Steak Garlic Whipped Potatoes Herbed Green Beans Nutrition Bar Dinner Roll/Milk 8	Salisbury Steak w/ Gravy Black-Eyed Peas Creole Tomatoes Animal Crackers Wheat Bread/Juice 9	Soft Turkey Taco Pinto Beans Ole Mixed Vegetables Pudding Milk 10
Beef Stroganoff Broccoli Glazed Carrots Fresh Orange Texas Bread/Milk 13	Baked Chicken Brown Rice Garlic Parmesan Cauliflower Cinnamon Graham Crackers Multigrain Bread/Milk 14	Meatloaf w/ Brown Gravy Twice Whipped Potatoes Herbed Green Beans Nuttty Buddy Bar Dinner Roll/Milk 15	Turkey Spaghetti Brussels Sprouts Country Tomatoes Butterscotch Pudding Wheat Bread/Juice 16	Hamburger on Bun Lettuce & Tomato Baked Beans Apple Cobbler Milk/Mustard/Ketchup 17
Turkey Pasta Bolognese Glazed Carrots Herbed Green Beans Fig Bar Texas Bread/Milk 20	Beef Meatballs Delmonico Potatoes Mixed Greens Fresh Apple Multigrain Bread/Milk 21	Baked Chicken Parsley Rice Catalina Vegetables Craisins Dinner Roll/Milk 22	Homestyle Beef Casserole Broccoli Medley Cabbage Cherry Gelatin w/ Peaches Multigrain Bread/Juice 23	Honey Glazed Turkey Penne Florentine Parmesan Tomatoes Chocolate Chip Cookie Texas Bread/Milk 24
BBQ Pork Ribette* Ranch Whipped Potatoes Broccoli and Cauliflower Chocolate Chip Cookie Wheat Bread/Milk 27	Chicken Meatballs Peste Penne Pasta Spinach Fresh Orange Texas Bread/Milk 28	Spanish Beef Patty Mexican Rice Calabasa Squash Fudge Cream Cookie Texas Bread/Milk 29	Turkey Mac & Cheese Lentils Sliced Carrots Cherry Gelatin w/ Mixed Fruit Wheat Bread/Juice 30	Hamburger on Bun Lettuce & Tomato Ranch Beans Pineapple Cobbler Milk/Mustard/Ketchup 31

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.