

LUNCH JANUARY 2026

VNA Meals on Wheels

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Closed for Holiday 1 Please consume one of your shelf stable meals	Breaded Chicken Patty 2 Chuckwagon Corn Green Beans Oreo Cookies Texas Bread/Milk
Beef Meatballs 5 White Rice Japanese Vegetables Cinnamon Graham Crackers Wheat Bread/Milk	Breaded Chicken Patty 6 Chuckwagon Corn Broccoli & Carrots Fresh Orange Texas Bread/Milk	Swiss Steak 7 Whipped Potatoes Italian Green Beans Fudge Cream Cookie Dinner Roll/Milk	Glazed Ham* 8 Macaroni & Cheese Okra & Tomatoes Lime Gelatin w/ Pineapple Wheat Bread/Juice	Hamburger on Bun 9 Lettuce & Tomato Baked Beans Hot Cinnamon Applesauce Milk/Mustard/Ketchup
Breaded Chicken Patty 12 Penne Pasta Country Tomatoes Fresh Apple Wheat Bread/Milk	Soft Pork Carnita Taco* 13 Pinto Beans Peas & Carrots Sugar Cookie Milk/Taco Sauce	Baked Chicken w/ Gravy 14 Twice Whipped Potatoes Lemon Broccoli Nutrition Bar Dinner Roll/Milk	Beef Chili w/ Beans 15 White Rice Spinach Strawberry Gelatin w/ Pears Saltine Crackers/Juice	Glazed Ham* 16 Garlic Whipped Potatoes Mixed Greens Sugar Cookie Corn Muffin/Milk/Margarine
Meatloaf w/ Gravy 19 Delmonico Potatoes Brussels Sprouts Brownie Texas Bread/Milk	Breaded Chicken Patty 20 Penne Pomodoro Parsley Carrots Fresh Orange Dinner Roll/Milk	Soft Beef Picadillo Taco 21 Charro Beans Mexican Rice Sugar Cookie Milk/Taco Sauce	Romesco Chicken 22 Orzo Pasta Okra & Tomatoes Oatmeal Cream Cookie Corn Muffin/Juice/Margarine	Hamburger on Bun 23 Lettuce & Tomato Ranch Beans Peach Cobbler Milk/Mustard/Ketchup
Breaded Chicken Patty 26 Penne Pasta w/ Tomatoes Lemon Broccoli Fresh Apple Texas Bread/Milk	BBQ Beef Meatballs 27 White Rice Ginger Carrots Oatmeal Cream Cookie Wheat Bread/Milk	Country Fried Steak 28 Garlic Whipped Potatoes Herbed Green Beans Strawberry Craisins Dinner Roll/Milk	Salisbury Steak w/ Gravy 29 Black-Eyed Peas Creole Tomatoes Animal Crackers Wheat Bread/Juice	Soft Turkey Taco 30 Pinto Beans Ole Mixed Vegetables Strawberry Swirl Pudding Milk/Taco Sauce

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.



Note: *contains pork

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