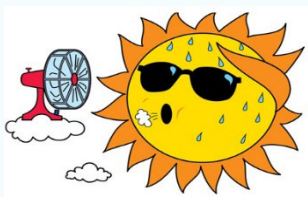


LUNCH AUGUST 2026

VNA Meals on Wheels

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Turkey Tetrazzini Country Tomatoes Stewed Tomatoes Sugar Cookie Wheat Bread/Milk 3	Chicken Chili Corn O'Brien Sliced Carrots Fresh Orange Club Crackers/Milk 4	Swiss Steak Garlic Whipped Potatoes Italian Green Beans Oreo Cookies Dinner Roll/Milk 5	Breaded Chicken Patty Confetti Rice Brussels Sprouts Orange Gelatin w/ Pineapple Texas Bread/Juice 6	Hamburger on Bun Lettuce & Tomato Ranch Beans Peach Cobbler Milk/Mustard/Ketchup 7
Baked Chicken Breast Pesto Penne Pasta Spinach Oatmeal Cream Cookie Wheat Bread/Milk 10	Rosemary Beef Patty Whipped Potatoes Catalina Vegetables Fig Bar Wheat Bread/Milk 11	Polish Sausage on Bun* Baked Beans Medley Cabbage Nutrition Bar Milk 12	Beef Stroganoff Broccoli Sliced Carrots Craisins Texas Bread/Juice 13	Chef Salad Corn Salad Mixed Fruit Club Crackers Milk 14
Beef Meatballs Rice Florentine Broccoli Cinnamon Graham Crackers Texas Bread/Milk 17	Glazed Ham* Lima Beans Okra & Tomatoes Fresh Orange Corn Muffin/Milk 18	Meatloaf w/ Tomato Gravy Delmonico Potatoes Peas & Carrots Oatmeal Cream Cookie Dinner Roll/Milk 19	Turkey Macaroni/Cheese Cauliflower Brussels Sprouts Lemon Gelatin w/ Peaches Texas Bread/Juice 20	Hamburger on Bun Lettuce & Tomato Ranch Beans Hot Pineapple Tidbits Milk/Mustard/Ketchup 21
Baked Chicken w/ Gravy Whipped Potatoes Herbed Green Beans Strawberry Craisins Texas Bread/Milk 24	Soft Turkey Taco Mexican Rice Mexican Style Tomatoes Fudge Cream Cookie Milk/Taco Sauce 25	Chicken Drumstick Macaroni & Cheese Brussels Sprouts Fresh Apple Wheat Bread/Milk 26	Italian Beef Macaroni Whole Kernel Corn Broccoli Brownie Texas Bread/Juice 27	Polish Sausage on Bun* Baked Beans Mixed Vegetables Lemon Gelatin w/ Peaches Milk/Mustard 28
Breaded Chicken Patty Orzo Pasta Herbed Brussels Sprouts Fresh Apple Wheat Bread/Milk 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.