

LUNCH SEPTEMBER 2026

VNA Meals on Wheels

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Soft Beef Picadillo Taco 1 Charro Beans Ole Mixed Vegetables Craisins Milk	Breaded Pork Patty* 2 Parsley Rice Sliced Carrots Graham Crackers Wheat Bread/Milk	Chicken Breast 3 Pesto Penne Pasta Country Tomatoes Chocolate Pudding Juice/Mustard	Salmon Croquette 4 Whipped Potatoes Herbed Green Beans Nutty Buddy Bar Wheat Bread/Milk
7 Closed for Holiday Please consume one of your shelf stable meals	Breaded Chicken Patty 8 Black-Eyed Peas Cauliflower w/ Red Peppers Fresh Orange Texas Bread/Milk	BBQ Pork Ribette* 9 Macaroni & Cheese Peas & Carrots Cherry Gelatin w/ Fruit Dinner Roll/Milk	Chicken Spinach Salad 10 Pickled Beets Club Crackers Strawberry Applesauce Juice	Hamburger on Bun 11 Lettuce & Tomato Baked Beans Pineapple Cobbler Milk/Mustard/Ketchup
14 Beef Meatballs Penne Pasta Spring Vegetables Fresh Orange Texas Bread/Milk	Chicken Enchilada Soup 15 Mexican Rice Stewed Tomatoes Oatmeal Cream Cookie Milk	Soft Beet & Cheese Taco 16 Savory Lime Corn Fiesta Vegetables Lime Swirl Pudding Milk/Taco Sauce	Turkey Pasta Bolognese 17 Broccoli Parsley Carrots Strawberry Gelatin w/ Fruit Texas Bread/Juice	Hamburger on Bun 18 Lettuce & Tomato Baked Beans Hot Cinnamon Applesauce Milk/Mustard/Ketchup
21 Chicken Meatballs Confetti Rice Parsley Carrots Cherry Craisins Texas Bread/Milk	Steakhouse Beef Patty 22 Whipped Potatoes Herbed Green Beans Fresh Apple Wheat Bread/Milk	Breaded Chicken Patty 23 Rotini & Tomatoes California Vegetables Nutty Buddy Bar Dinner Roll/Milk	Cheese Omelet w/ Salsa 24 Seasoned Black Beans Spinach Cinnamon Applesauce Biscuit/Juice	Turkey Noodle Casserole 25 Sliced Carrots Cauliflower Lime Gelatin w/ Pears Texas Bread/Milk
28 Turkey Tetrizzini Country Vegetables Stewed Tomatoes Sugar Cookie Wheat Bread/Milk	29 Chicken Chili Corn O'Brien Sliced Carrots Fresh Orange Club Crackers/Milk	30 Swiss Steak Garlic Whipped Potatoes Italian Green Beans Oreo Cookies Dinner Roll/Milk		

NUTRITION INFORMATION: Proper nutrition and hydration are key elements that can possibly prevent hospitalization 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.