

LUNCH OCTOBER 2026

VNA Meals on Wheels

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Breaded Chicken Patty 1 Confetti Rice Brussels Sprouts Orange Gelatin w/ Fruit Texas Bread/Juice	Hamburger on Bun 2 Lettuce & Tomato Ranch Beans Peach Cobbler Milk/Mustard/Ketchup
Chicken Enchilada Soup 5 Spanish Rice Mexican Style Tomatoes Fig Bar Milk	Italian Beef Macaroni 6 Broccoli Tuscany Vegetables Fresh Apple Texas Bread/Milk	Polish Sausage on Bun* 7 Chili Beans Garlic Spinach Cinnamon Graham Crackers Milk	Sloppy Joe on Bun 8 Roasted Potatoes Mixed Vegetables Orange Gelatin w/ Fruit Juice	Breaded Chicken Patty 9 Chuckwagon Corn Green Beans Oreo Cookies Texas Bread/Milk
Beef Meatballs 12 Steamed Rice Japanese Vegetables Cherry Craisins Multigrain Bread/Milk	Cajun Chicken 13 Whole Kernel Corn Broccoli & Carrots Fresh Orange Texas Bread/Milk	Swiss Steak 14 Whipped Potatoes Italian Green Beans Nutrition Bar Dinner Roll/Milk	Glazed Ham* 15 Macaroni & Cheese Okra & Tomatoes Lime Gelatin w/ Fruit Wheat Bread/Juice	Hamburger on Bun 16 Lettuce & Tomato Hawaiian Baked Beans Hot Cinnamon Applesauce Milk/Mustard/Ketchup
Pesto Chicken Breast 19 Penne Pasta Country Tomatoes Fresh Apple Wheat Bread/Milk	Soft Pork Carnita Taco* 20 Pinto Beans Cilantro Lime Corn Lorna Doone Cookies Milk/Taco Sauce	Lemon Caper Chicken 21 Twice Whipped Potatoes Broccoli & Carrots Fudge Cream Cookie Dinner Roll/Milk	Beef Chili w/ Beans 22 Steamed Rice California Vegetables Strawberry Gelatin w/ Fruit Corn Muffin/Juice/Margarine	BBQ Chicken on Bun 23 Lettuce & Tomato Ranch Beans Hot Spiced Fruit Milk
BBQ Pork Ribette* 26 Ranch Whipped Potatoes Broccoli & Cauliflower Chocolate Chip Cookie Wheat Bread/Milk	Spanish Beef Patty 27 Mexican Rice Vegetable Medley Nutty Buddy Bar Texas Bread/Milk	Chicken Meatballs 28 Penne Pasta Spinach Fresh Orange Texas Bread/Milk	Hamburger on Bun 29 Lettuce & Tomato Ranch Beans Pineapple Cobbler Juice/Mustard/Ketchup	Turkey Macaroni/Cheese 30 Sliced Carrots Brussels Sprouts Cherry Gelatin w/ Fruit Wheat Bread/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.