LUNCH NOVEMBER 2026

VNA Meals on Wheels

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken & Dumplings Glazed Carrots Herbed Green Beans Brownie Texas Bread/Milk	3 BBQ Beef Meatballs Delmonico Potatoes Mixed Greens Fresh Apple Corn Muffin/Milk/Margarine	4 Baked Chicken Parsley Rice Catalina Vegetables Craisins Dinner Roll/Milk	5 Homestyle Beef Casserole Broccoli Steamed Cabbage Cherry Gelatin w/ Peaches Multigrain Bread/Juice	6 Honey Glazed Turkey Penne Pasta Scalloped Tomatoes Cinnamon Graham Sticks Texas Bread/Milk
9 Beef Stroganoff Broccoli Glazed Carrots Fresh Orange Texas Bread/Milk	10 Baked Chicken Brown Rice Italian Vegetables Sugar Cookie Multigrain Bread/Milk	11 Meatloaf w/ Brown Gravy Whipped Potatoes Mixed Vegetables Nutrition Bar Dinner Roll/Milk	12 Turkey Spaghetti Brussels Sprouts Country Tomatoes Pineapple Pudding Multigrain Bread/Juice	13 Hamburger on Bun Lettuce & Tomato Baked Beans Strawberry Applesauce Milk/Mustard/Ketchup
16 Baked Chicken Sundried Tomato Pasta Broccoli Fresh Apple Texas Bread/Milk	17 Korean Beef Meatballs Steamed Rice Ginger Carrots Chocolate Chip Cookie Wheat Bread/Milk	18 Breaded Chicken Patty Roasted Sweet Potatoes Herbed Green Beans Strawberry Craisins Dinner Roll/Milk	19 Salisbury Steak w/ Gravy Black-Eyed Peas Stewed Tomatoes Animal Crackers Multigrain Bread/Juice	20 Turkey Basil Penne Salad Bean Medley Salad Pineapple Tidbits Club Crackers Milk
23 Beef Pepper Steak Delmonico Potatoes Brussels Sprouts Cinnamon Graham Crackers Texas Bread/Milk	24 Breaded Chicken Patty Penne Pasta Parsley Carrots Fresh Orange Dinner Roll/Milk	25 Hamburger on Bun Lettuce & Tomato Ranch Beans Peach Cobbler Milk/Mustard/Ketchup	26 ***Thanksgiving Meal*** Turkey Breast w/ Gravy Garlic Whipped Potatoes Italian Green Beans Pumpkin Pie Parfait Dinner Roll/Milk/Margarine	27 ***CLOSED FOR HOLIDAY*** ***Please consume your shelf stable meal delivered last week***
30 Chicken Enchilada Soup Spanish Rice Mexican Style Tomatoes Fig Bar Milk				

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.

Visiting Nurse Association
Meals on Wheels
Hospice & Palliative Care
214-689-2639

Note: *contains pork

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