

Methodist & VNA Meals on Wheels Partnership



VNA Meals on Wheels delivers hot, nutritious, freshly prepared meals five days a week to **Dallas County** residents needing assistance. At VNA, our mission is to help seniors live with dignity and independence at home. Methodist has partnered with VNA Meals on Wheels to provide meal service and a daily visit for patients when they leave the hospital or rehab facility and return home. The program will help ease your transition back home following a hospital stay and give you peace of mind, especially if you live alone. This service is provided at no cost to you.

WHAT YOU GET:

- Hot, fresh meal delivered between 10:30 a.m. – 1:30 p.m. every Monday through Friday for as long as eligible
- Daily visit from friendly VNA staff member delivering your meal
- In-home safety check to help prevent falls, keeping you safe
- Peace of mind returning home

HOW TO GET STARTED:

To begin receiving home-delivered meal service through the Methodist/VNA Meals on Wheels partnership program, please contact Chasity Jackson at ChasityJackson@mhd.com, 214-933-6909 or Natasha T. Royal, LMSW at natasharoyal@mhd.com, (214) 947-6123.

ABOUT VNA:


Since 1934, VNA has provided the highest quality care, in the home, across North Texas, especially for those with no place to turn and no means to pay. VNA was chartered as a nonprofit to provide home health during the Depression. Today, VNA provides the highest quality care to the elderly, frail, disabled, or dying and our staff strives to keep patients and clients at home and as comfortable, healthy, and independent as possible. Programs include Meals on Wheels providing nutritious, hot, home-delivered meals to homebound seniors; Hospice Care providing medical care, as well as emotional and spiritual support, for adults in the final phase of a terminal illness and bereavement care for their families; Care Choices providing care navigation and supportive care in the home to patients facing a life-limiting illness while they continue to seek curative treatment.

vnatexas.org



Questions? Call

Chasity Jackson at (214) 933-6909 or
Natasha T. Royal at (214) 947-6123

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>1 Turkey Tetrzini Broccoli Country Tomatoes Lime Gelatin with Peaches Wheat Bread/Juice</p>	<p>2 Hamburger on Bun Lettuce & Tomato Baked Beans Hot Apples & Pineapple Milk/Mustard/Ketchup</p>
<p>5 Mediterranean Meatballs Parsley Rice Green Beans Fresh Orange Wheat Bread/Milk</p>	<p>6 Thai Chili Chicken Fried Rice Broccoli/Carrots/Onions Fortune Cookie Wheat Bread/Milk</p>	<p>7 Salisbury Steak Mixed Beans Medley Cabbage Nutty Buddy Bar Dinner Roll/Milk</p>	<p>8 Chicken Piccata Penne Pomodoro Green Beans w/ Onions Chocolate Pudding Wheat Bread/Juice</p>	<p>9 Meatloaf w/ Brown Gravy Whipped Potatoes Spring Vegetables Fig Bar Texas Bread/Milk</p>
<p>12 Chicken Chili Parsley Rice Sliced Carrots Fresh Apple Wheat Bread/Milk</p>	<p>13 Pomodoro Meatballs Penne Pasta Broccoli Animal Crackers Milk</p>	<p>14 Breaded Chicken/Gravy Delmonico Potatoes Italian Green Beans Zee Zee Bar Dinner Roll/Milk</p>	<p>15 Turkey Macaroni & Cheese Whole Kernel Corn Catalina Vegetables Cherry Gelatin w/ Pineapple Wheat Bread/Juice</p>	<p>16 <i>Juneenth & Father's Day Meal</i> Hamburger on Bun Sliced Cheese Ranch Beans Apple Crisp Milk/Mustard/Ketchup</p>
<p>19 BBQ Pork Ribette* Macaroni & Cheese Green Beans Graham Crackers Wheat Bread/Milk</p>	<p>20 Creamy Paprika Chicken Red Beans & Rice Cabbage Oatmeal Cream Cookie Wheat Bread/Milk</p>	<p>21 Swiss Steak Whipped Potatoes Mixed Vegetables Fresh Orange Dinner Roll/Milk</p>	<p>22 Creamy Caper Chicken Lentils Stewed Tomatoes Crasins Wheat Bread/Juice</p>	<p>23 Tuna Salad Sandwich Beet Salad Pasta Salad Lemon Gelatin w/ Fruit Milk</p>
<p>26 Turkey Pasta Bolognese Whole Kernel Corn Green Beans Fudge Cream Cookie Texas Bread/Milk</p>	<p>27 Rosemary Beef Patty Confetti Rice Broccoli Animal Crackers Wheat Bread/Milk</p>	<p>28 Polish Sausage on Bun* Chili Beans Stewed Tomatoes Strawberry Gelatin w/ Fruit Milk</p>	<p>29 Lemon Pepper Chicken Macaroni & Cheese Sliced Carrots Fresh Apple Dinner Roll/Juice</p>	<p>30 Hamburger on Bun Sliced Cheese Ranch Beans Hot Pineapple Tidbits Milk/Mustard/Ketchup</p>

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.