

**FEBRUARY 2026**

Find the menu that applies to you.

**NOT GOING TO BE HOME? NOTIFY 48 HOURS IN ADVANCE.**

Call or Text 888.869.6325 Online: [www.mownct.org/cancel-my-meal](http://www.mownct.org/cancel-my-meal)
**Choice A/B**
*This menu is based on product availability, substitutions may be made.*

<div>02</div> <b>A) Turkey Rice Casserole</b> <b>OR</b> <b>B) Ham, Red Beans, and Rice</b> Green Peas, Garlic Parmesan Cauliflower, & Cherry Bar	<div>03</div> <b>A) Beef Chili w/Beans</b> <b>OR</b> <b>B) Turkey Brunswick Stew</b> Rice, Creamed Spinach, Saltine Crackers, & Fresh Fruit	<div>04</div> <b>A) Buffalo Chicken</b> <b>OR</b> <b>B) Beef Pot Roast</b> Chuckwagon Corn, Broccoli, & Cinnabun Cake	<div>05</div> <b>A) Hamburger Patty</b> <b>OR</b> <b>B) Country Breaded Chicken</b> Lettuce & Tomato, Onion, Baked Beans, Hamburger Bun, & Peach Cobbler	<div>06</div> <b>A) Three Cheese Ziti</b> <b>OR</b> <b>B) Chicken Tetrazzini</b> Green Beans w/Onions, Diced Beets, Dinner Roll, & Fresh Fruit
<div>09</div> <b>A) Chicken Nuggets</b> <b>OR</b> <b>B) Swiss Steak</b> Whipped Potatoes w/Skins, California Veggies, Multigrain Bread, & Blondie	<div>10</div> <b>A) Bean &amp; Cheese Burrito w/Queso Sauce</b> <b>OR</b> <b>B) Beef &amp; Bean Burrito w/Sour Cream Sauce</b> Hominy, Squash & Zucchini, & Fresh Banana	<div>11</div> <b>A) Chili Garlic Beef Meatballs</b> <b>OR</b> <b>B) Five Spice Chicken</b> Fried Rice, Japanese Veggies, & Sugar Cookie	<div>12</div> <b>A) Cuban Pork</b> <b>OR</b> <b>B) Chipotle BBQ Pulled Chicken</b> Seasoned Black Beans, Parslied Carrots, Hamburger Bun, & Strawberry Swirl Pudding	<div>13</div> <b>VALENTINE'S DAY</b> Lemon Caper Chicken Parslied Rice Catalina Veggies Dinner Roll White Chocolate Macadamia Cookie
<div>16</div> <b>A) Horseradish Beef</b> <b>OR</b> <b>B) Chicken Meatballs w/Gravy</b> Whipped Potatoes, Honey Herbed Carrots, Wheat Bread, & Oatmeal Apple Square	<div>17</div> <b>A) Southwest Ancho Lime Chicken</b> <b>OR</b> <b>B) Beef w/Peppered Gravy</b> Charro Beans, Garden Veggies, Texas Bread, & Fresh Fruit	<div>18</div> <b>A) Brown Sugar Glazed Pork Loin</b> <b>OR</b> <b>B) White Bean Chili</b> Parslied Rice, Brussels Sprouts, Dinner Roll, & Orange Gelatin	<div>19</div> <b>A) Turkey Pot Pie</b> <b>OR</b> <b>B) Beef Shepherd's Pie</b> Broccoli, Orange Beets, & Caramel Brownie	<div>20</div> <b>A) Eggplant Parmesan</b> <b>OR</b> <b>B) Parmesan Chicken</b> Rotini Noodles, Herbed Green Beans, Wheat Bread, & Fresh Fruit
<div>23</div> <b>A) Chicken Etouffee</b> <b>OR</b> <b>B) Sausage Gumbo</b> Country Tomatoes, Mixed Greens, Texas Bread, & Fresh Fruit	<div>24</div> <b>A) Sloppy Joe</b> <b>OR</b> <b>B) Lentil Sloppy Joe</b> Oven Roasted Potatoes, Mixed Veggies, Hamburger Bun, & Chocolate Chip Cookie	<div>25</div> <b>A) Korean BBQ Chicken</b> <b>OR</b> <b>B) Sesame Pork Chop</b> Herbed Basmati Rice, Cauliflower, Dinner Roll, & Fruited Lemon Gelatin	<div>26</div> <b>A) Pork Carnitas</b> <b>OR</b> <b>B) Turkey Taco</b> Lettuce & Tomato, Pinto Beans, Flour Tortillas, & Hot Cinnamon Applesauce	<div>27</div> <b>A) Mushroom Chopped Steak</b> <b>OR</b> <b>B) Lemon Pepper Pollock</b> Whipped Potatoes, Peas & Carrots, Wheat Bread, & Fresh Fruit

**Vegetarian**
*This menu is based on product availability, substitutions may be made. Sides same as above.*

<div>02</div> Cheese Ravioli	<div>03</div> Mixed Bean Chili	<div>04</div> Cheese Omelet	<div>05</div> Gardenburger	<div>06</div> Three Cheese Ziti
<div>09</div> Vegetarian Frittata	<div>10</div> Bean & Cheese Burrito w/Queso Sauce	<div>11</div> Lentil Stew	<div>12</div> Sloppy Tom	<div>13</div> Lemon Caper Veggie Meatballs
<div>16</div> Broccoli Cheese Bake	<div>17</div> Cheese Enchiladas w/Enchilada Sauce	<div>18</div> White Bean Chili	<div>19</div> Vegetarian Pot Pie	<div>20</div> Eggplant Parmesan
<div>23</div> Vegetable Cajun Gumbo	<div>24</div> Lentil Sloppy Joe	<div>25</div> Lemony Chickpea Stir Fry	<div>26</div> Vegetarian Taco	<div>27</div> Cheese Omelet

**Allergen Disclaimer:** Meals prepared in this kitchen may contain or come into contact with tree nuts, sesame, peanuts, soy, eggs, milk, fish, crustacean shellfish, wheat, and gluten-containing products. Despite precautions, cross-contact may occur. We cannot guarantee meals are allergen-free.

## Mighty Meals

*This menu is based on product availability, substitutions may be made.*

<sup>02</sup> Meatloaf w/ Onion Gravy	<sup>03</sup> Garlic Marsala Chicken	<sup>04</sup> Potato Crusted Pollock	<sup>05</sup> Polish Sausage w/Sauerkraut	<sup>06</sup> Bean Tamale Pie
<sup>09</sup> Salisbury Beef w/ Gravy	<sup>10</sup> Honey Ginger Pork Loin	<sup>11</sup> Chicken Fajita	<sup>12</sup> Rosemary Turkey Breast	<sup>13</sup> Creole Tilapia
<sup>16</sup> Turkey Rice Casserole	<sup>17</sup> Beef Chili w/Beans	<sup>18</sup> Buffalo Chicken	<sup>19</sup> Hamburger Patty	<sup>20</sup> Three Cheese Ziti
<sup>23</sup> Chicken Nuggets	<sup>24</sup> Bean & Cheese Burrito w/Queso Sauce	<sup>25</sup> Chili Garlic Beef Meatballs	<sup>26</sup> Cuban Pork	<sup>27</sup> Lemon Caper Chicken

## Mighty Strong - High Calorie, High Protein

*\*These are Medically Tailored Meals that require a Doctor's Note*

<sup>02</sup> Cilantro Lime Meatballs	<sup>03</sup> Chicken Noodle Casserole	<sup>04</sup> Breakfast Burrito w/Salsa	<sup>05</sup> Chkn Tenders over Orange Rice	<sup>06</sup> Pepper & Beef Patty w/Gravy
<sup>09</sup> Chicken & Dumplings	<sup>10</sup> Sausage w/Mac & Cheese	<sup>11</sup> Meatballs w/ Rice & Gravy	<sup>12</sup> Creamy Breaded Chicken	<sup>13</sup> Cheese Pizza
<sup>16</sup> Cilantro Lime Meatballs	<sup>17</sup> Chicken Noodle Casserole	<sup>18</sup> Breakfast Burrito w/Salsa	<sup>19</sup> Chkn Tenders over Orange Rice	<sup>20</sup> Pepper & Beef Patty w/Gravy
<sup>23</sup> Chicken & Dumplings	<sup>24</sup> Sausage w/Mac & Cheese	<sup>25</sup> Meatballs w/ Rice & Gravy	<sup>26</sup> Creamy Breaded Chicken	<sup>27</sup> Cheese Pizza

## Mighty Healthy - Obesity, Diabetic, Cardiac

*\*These are Medically Tailored Meals that require a Doctor's Note*

<sup>02</sup> Salisbury Steak	<sup>03</sup> Pizzaiola Pork	<sup>04</sup> Breaded Pollock	<sup>05</sup> Beef Patty w/Horseradish	<sup>06</sup> Chicken Patty w/Rice
<sup>09</sup> Chicken Chili with Beans	<sup>10</sup> Chipotle Meatloaf	<sup>11</sup> Chimichurri Chicken	<sup>12</sup> Pork Patty & Gravy	<sup>13</sup> Chicken Florentine Rice
<sup>16</sup> Salisbury Steak	<sup>17</sup> Pizzaiola Pork	<sup>18</sup> Breaded Pollock	<sup>19</sup> Beef Patty w/Horseradish	<sup>20</sup> Chicken Patty w/Rice
<sup>23</sup> Chicken Chili with Beans	<sup>24</sup> Chipotle Meatloaf	<sup>25</sup> Chimichurri Chicken	<sup>26</sup> Pork Patty & Gravy	<sup>27</sup> Chicken Florentine Rice

## Mighty Well - Renal

*\*These are Medically Tailored Meals that require a Doctor's Note*

<sup>02</sup> BBQ Chicken	<sup>03</sup> Chipotle Meatloaf	<sup>04</sup> Turkey Meatloaf w/Sauce	<sup>05</sup> Sausage Patties	<sup>06</sup> Cheese Omelet & Salsa
<sup>09</sup> Breaded Pollock with Sauce	<sup>10</sup> Fried Egg Patties	<sup>11</sup> Pork Patty w/ Pizzaiola Sauce	<sup>12</sup> Salisbury Steak	<sup>13</sup> Breakfast Scramble
<sup>16</sup> BBQ Chicken	<sup>17</sup> Chipotle Meatloaf	<sup>18</sup> Turkey Meatloaf w/Sauce	<sup>19</sup> Sausage Patties	<sup>20</sup> Cheese Omelet & Salsa
<sup>23</sup> Breaded Pollock with Sauce	<sup>24</sup> Fried Egg Patties	<sup>25</sup> Pork Patty w/ Pizzaiola Sauce	<sup>26</sup> Salisbury Steak	<sup>27</sup> Breakfast Scramble