

**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.

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

**Vegetarian**

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

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

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

**Mighty Strong** - High Calorie, High Protein

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

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

**Mighty Healthy** - Obesity, Diabetic, Cardiac

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

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

**Mighty Well** - Renal

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