

MARCH 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

Choice A/B

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

<p>A) Meatloaf w/Onion Gravy 02 OR B) Swedish Chicken Meatballs Garlic Whipped Potatoes, Green Beans w/Onions, Wheat Bread & Cherry Gelatin</p>	<p>A) Garlic Marsala Chicken 03 OR B) Alfredo Veggie Meatballs Pasta Florentine, Glazed Carrots, Garlic Breadstick, & Fresh Fruit</p>	<p>A) Potato Crusted Pollock 04 OR B) Honey Mustard Chicken Confetti Rice, Brussels Sprouts, Wheat Bread, & Oatmeal Raisin Cookie</p>	<p>A) Polish Sausage w/Sauerkraut 05 OR B) Beef Hot Dog Ranch Beans, Cauliflower, Hot Dog Bun, & Peach Whip</p>	<p>A) Bean Tamale Pie 06 OR B) Beef Enchilada Pie Cilantro Lime Corn, Spring Veggies, & Fresh Banana</p>
<p>A) Salisbury Beef w/Gravy 09 OR B) Tarragon Chicken Black-Eyed Peas, Garden Veggies, Texas Bread, & Oreo Brownie</p>	<p>A) Honey Ginger Pork Loin 10 OR B) Beef and Broccoli Jasmine Rice, Scalloped Cabbage, Texas Bread, & Fresh Fruit</p>	<p>A) Chicken Fajita 11 OR B) Fajita Fish Taco Lettuce & Tomato, Black Beans, Flour Tortillas, & Bread Pudding</p>	<p>A) Rosemary Turkey Breast 12 OR B) BBQ Pork Chop Mac & Cheese, Broccoli, Wheat Bread, & Red Velvet Cake</p>	<p>A) Creole Tilapia 13 OR B) Creole Beef Lima Beans, Okra & Tomatoes, Cornbread, & Fresh Fruit</p>
<p>A) Turkey Rice Casserole 16 OR B) Ham, Red Beans, and Rice Green Peas, Garlic Parmesan Cauliflower, & Cherry Bar</p>	<p>ST. PATRICK'S DAY 17 Sausage with Onions and Peppers Parslied Potatoes Scalloped Cabbage Dinner Roll Lime Swirl Pudding</p>	<p>A) Buffalo Chicken 18 OR B) Beef Pot Roast Chuckwagon Corn, Broccoli, & Cinnabun Cake</p>	<p>A) Hamburger Patty 19 OR B) Country Breaded Chicken Lettuce/Tomato/Onion, Baked Beans, Hamburger Bun, & Peach Cobbler</p>	<p>A) Three Cheese Ziti 20 OR B) Chicken Tetrazzini Green Beans w/Onions, Diced Beets, Dinner Roll, & Fresh Fruit</p>
<p>A) Chicken Nuggets 23 OR B) Swiss Steak Whipped Potatoes w/Skins, California Veggies, Multigrain Bread, & Blondie</p>	<p>A) Bean & Cheese Burrito w/Queso Sauce 24 OR B) Beef & Bean Burrito w/Sour Cream Sauce Hominy, Squash & Zucchini, & Fresh Banana</p>	<p>A) Chili Garlic Beef Meatballs 25 OR B) Five Spice Chicken Fried Rice, Japanese Veggies, & Sugar Cookie</p>	<p>A) Cuban Pork 26 OR B) Chipotle BBQ Pulled Chicken Seasoned Black Beans, Parslied Carrots, Hamburger Bun, & Strawberry Swirl Pudding</p>	<p>A) Tuna Croquette 27 OR B) Apple Glazed Pork Corn O' Brien, Green Beans, Wheat Bread, & Fresh Fruit</p>
<p>A) Horseradish Beef 30 OR B) Chicken Meatballs w/Gravy Whipped Potatoes, Honey Herbed Carrots, Wheat Bread, & Oatmeal Apple Square</p>	<p>A) Southwest Ancho Lime Chicken 31 OR B) Beef with Peppered Gravy Charro Beans, Garden Veggies, Texas Bread, & Fresh Fruit</p>			

Vegetarian

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

White Bean Chili 02	Alfredo Veggie Meatballs 03	Six Bean Stew 04	Gardenburger 05	Bean Tamale Pie 06
Spaghetti Torte 09	Tofu Curry 10	Vegetarian Taco 11	Macaroni & Cheese 12	Veggie Sausage Patties 13
Cheese Ravioli 16	Mixed Bean Chili 17	Cheese Omelet 18	Gardenburger 19	Three Cheese Ziti 20
Vegetable Frittata 23	Bean & Cheese Burrito w/Queso Sauce 24	Lentil Stew 25	Sloppy Tom 26	Spinach Mac & Cheese 27
Broccoli Cheese Bake 30	Cheese Enchiladas w/Enchilada Sauce 31	White Bean Chili 01	Garlic Parmesan Couscous 02	Eggplant Parmesan 03

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.*

Horseradish Beef ⁰²	Southwest Ancho Lime Chicken ⁰³	Brown Sugar Glazed Pork Loin ⁰⁴	Turkey Pot Pie ⁰⁵	Eggplant Parmesan ⁰⁶
Chicken Etouffee ⁰⁹	Sloppy Joe ¹⁰	Korean BBQ Chicken ¹¹	Pork Carnitas ¹²	Mushroom Chopped Steak ¹³
Meatloaf w/Onion Gravy ¹⁶	Garlic Marsala Chicken ¹⁷	Potato Crusted Pollock ¹⁸	Polish Sausage w/Sauerkraut ¹⁹	Bean Tamale Pie ²⁰
Salisbury Beef w/ Gravy ²³	Honey Ginger Pork Loin ²⁴	Chicken Fajita ²⁵	Rosemary Turkey Breast ²⁶	Creole Tilapia ²⁷
Turkey Rice Casserole ³⁰	Sausage w/Peppers & Onions ³¹	Buffalo Chicken ⁰¹	Hamburger Patty ⁰²	Three Cheese Ziti ⁰³

Mighty Strong - High Calorie, High Protein**These are Medically Tailored Meals that require a Doctor's Note*

Cilantro Lime Meatballs ⁰²	Chicken Noodle Casserole ⁰³	Breakfast Burrito w/Salsa ⁰⁴	Chkn Tenders over Orange Rice ⁰⁵	Pepper & Beef Patty w/Gravy ⁰⁶
Chicken & Dumplings ⁰⁹	Sausage w/Mac & Cheese ¹⁰	Meatballs w/ Rice & Gravy ¹¹	Creamy Breaded Chicken ¹²	Cheese Pizza ¹³
Cilantro Lime Meatballs ¹⁶	Chicken Noodle Casserole ¹⁷	Breakfast Burrito w/Salsa ¹⁸	Chkn Tenders over Orange Rice ¹⁹	Pepper & Beef Patty w/Gravy ²⁰
Chicken & Dumplings ²³	Sausage w/Mac & Cheese ²⁴	Meatballs w/ Rice & Gravy ²⁵	Creamy Breaded Chicken ²⁶	Cheese Pizza ²⁷
Cilantro Lime Meatballs ³⁰	Chicken Noodle Casserole ³¹	Breakfast Burrito w/Salsa ⁰¹	Chkn Tenders over Orange Rice ⁰²	Pepper & Beef Patty w/Gravy ⁰³

Mighty Healthy - Obesity, Diabetic, Cardiac**These are Medically Tailored Meals that require a Doctor's Note*

Salisbury Steak ⁰²	Pizzaiola Pork ⁰³	Breaded Pollock ⁰⁴	Beef Patty w/Horseradish ⁰⁵	Chicken Patty w/Rice ⁰⁶
Chicken Chili with Beans ⁰⁹	Chipotle Meatloaf ¹⁰	Chimichurri Chicken ¹¹	Pork Patty & Gravy ¹²	Chicken Florentine Rice ¹³
Salisbury Steak ¹⁶	Pizzaiola Pork ¹⁷	Breaded Pollock ¹⁸	Beef Patty w/Horseradish ¹⁹	Chicken Patty w/Rice ²⁰
Chicken Chili with Beans ²³	Chipotle Meatloaf ²⁴	Chimichurri Chicken ²⁵	Pork Patty & Gravy ²⁶	Chicken Florentine Rice ²⁷
Salisbury Steak ³⁰	Pizzaiola Pork ³¹	Breaded Pollock ⁰¹	Beef Patty w/Horseradish ⁰²	Chicken Patty w/Rice ⁰³

Mighty Well - Renal**These are Medically Tailored Meals that require a Doctor's Note*

BBQ Chicken ⁰²	Chipotle Meatloaf ⁰³	Turkey Meatloaf w/Sauce ⁰⁴	Sausage Patties ⁰⁵	Cheese Omelet & Salsa ⁰⁶
Breaded Pollock with Sauce ⁰⁹	Fried Egg Patties ¹⁰	Pork Patty w/ Pizzaiola Sauce ¹¹	Salisbury Steak ¹²	Breakfast Scramble ¹³
BBQ Chicken ¹⁶	Chipotle Meatloaf ¹⁷	Turkey Meatloaf w/Sauce ¹⁸	Sausage Patties ¹⁹	Cheese Omelet & Salsa ²⁰
Breaded Pollock with Sauce ²³	Fried Egg Patties ²⁴	Pork Patty w/ Pizzaiola Sauce ²⁵	Salisbury Steak ²⁶	Breakfast Scramble ²⁷
BBQ Chicken ³⁰	Chipotle Meatloaf ³¹	Turkey Meatloaf w/Sauce ⁰¹	Sausage Patties ⁰²	Cheese Omelet & Salsa ⁰³