

**APRIL 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.*

		<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	<b>EASTER</b> Honey Glazed Ham Whipped Sweet Potatoes Spring Veggies Dinner Roll Coconut Cake	CLOSED FOR GOOD FRIDAY 
<b>A) Oven Fried Chicken</b> <b>OR</b> <b>B) Potato Crusted Pollock</b> Chuckwagon Corn, Spinach, Dinner Roll, & Oatmeal Raisin Cookie	<b>A) Beef Meatballs w/Sauce Robert</b> <b>OR</b> <b>B) Pesto Chicken</b> Lemon Rice, Herbed Green Beans, Wheat Bread, & Fresh Fruit	<b>A) Cheese Omelet</b> <b>OR</b> <b>B) Breakfast Casserole</b> Seasoned Black Beans, Stewed Tomatoes, & Whole Grain Blueberry Muffin	<b>A) Tuna Macaroni Salad</b> <b>OR</b> <b>B) Egg Salad</b> Black-Eyed Pea Salad, Cucumber & Tomato Salad, Club Crackers, & Fresh Fruit	<b>A) Meatloaf w/Tomato Gravy</b> <b>OR</b> <b>B) White Bean Chili</b> Whipped Potatoes, Summer Veggies, Texas Bread, & Cinnamon Swirl Pudding
<b>A) Swiss Steak</b> <b>OR</b> <b>B) Eggplant Parmesan</b> Bowtie Pasta, Green Beans w/Onions, Wheat Bread, & Brownie	<b>A) Lemon Pepper Pollock</b> <b>OR</b> <b>B) Sweet &amp; Sour Chicken</b> Turmeric Brown Rice, Broccoli, Dinner Roll, & Fresh Fruit	<b>A) Chicken Divan</b> <b>OR</b> <b>B) Beef Pasta Bolognese</b> Brussels Sprouts, Orange Glazed Carrots, Texas Bread, & Lemon Pudding	<b>A) Herbed Pork Loin</b> <b>OR</b> <b>B) Roast Beef w/Gravy</b> Lima Beans, Okra & Tomatoes, Corn Bread, & Chocolate Chip Cookie	<b>A) Turkey Rice Casserole</b> <b>OR</b> <b>B) Spinach Macaroni &amp; Cheese</b> Green Peas, Garlic Parmesan Cauliflower, & Fresh Banana
<b>A) Tarragon Chicken</b> <b>OR</b> <b>B) Country Fried Steak w/Gravy</b> Southern Style Grits, Country Tomatoes, Wheat Bread, & Cherry Bar	<b>A) Pork Chop w/Brown Gravy</b> <b>OR</b> <b>B) Honey Baked Chicken</b> Parslied Rice, Pickled Beets, Dinner Roll, & Fresh Fruit	<b>A) Beef Chili w/Beans</b> <b>OR</b> <b>B) White Turkey Chili</b> Oven Roasted Potatoes, Green Beans & Carrots, Club Crackers & Fresh Fruit	<b>A) Turkey Pastrami &amp; Swiss Cheese</b> <b>OR</b> <b>B) Pimento Cheese</b> Lettuce & Tomato, Pasta Salad, Wheat Bread, & Fruited Lime Gelatin	<b>A) Sausage Jambalaya</b> <b>OR</b> <b>B) Chicken Etouffee</b> Creole Corn, Collard Greens, & Banana Pudding
<b>A) Cheese Enchilada w/Sauce</b> <b>OR</b> <b>B) Chicken Enchilada w/Sauce</b> Pinto Beans, Squash Medley, & Carnival Cookie	<b>A) Chicken Tetrazzini</b> <b>OR</b> <b>B) Hungarian Goulash</b> Herbed Green Peas, Honey Carrots, & Fresh Fruit	<b>A) Southwest Ancho Beef Meatballs</b> <b>OR</b> <b>B) Dill Chicken</b> Dirty Rice, Tossed Salad, & Peach Cobbler	<b>A) Cider Mustard Pork Loin</b> <b>OR</b> <b>B) Creamy Caper Chicken</b> Barley Mushroom Risotto, Broccoli, Texas Bread & Orange Gelatin	

**Vegetarian**

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

Broccoli Cheese Bake	Cheese Enchiladas w/Enchilada Sauce	White Bean Chili	Garlic Parmesan Couscous	Eggplant Parmesan CLOSED FOR GOOD FRIDAY
Mixed Bean Chili	Six Bean Stew	Cheese Omelet	Egg Salad	White Bean Chili
Eggplant Parmesan	Lemony Chickpea Stir Fry	Spaghetti Torte	Barley Chili	Spinach Mac & Cheese
Cheese Omelet	Tofu Curry	White Bean Chili	Pimento Cheese	Veggie Sausage Patties
Cheese Enchiladas w/Sauce	Broccoli Cheese Bake	Dill Veggie Meatballs	Six Bean Stew	Corn Chowder

**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.*

Turkey Rice Casserole <sup>30</sup>	Sausage w/Onions &Peppers <sup>31</sup>	Buffalo Chicken <sup>01</sup>	Hamburger Patty <sup>02</sup>	Three Cheese Ziti CLOSED FOR GOOD FRIDAY <sup>03</sup>
Chicken Nuggets <sup>06</sup>	Bean & Cheese Burrito w/Queso Sauce <sup>07</sup>	Chili Garlic Beef Meatballs <sup>08</sup>	Cuban Pork <sup>09</sup>	Tuna Croquette <sup>10</sup>
Horseradish Beef <sup>13</sup>	Southwest Ancho Lime Chicken <sup>14</sup>	Brown Sugar Glazed Pork Loin <sup>15</sup>	Honey Glazed Ham <sup>16</sup>	Eggplant Parmesan <sup>17</sup>
Oven Fried Chicken <sup>20</sup>	Beef Meatballs w/Sauce Robert <sup>21</sup>	Cheese Omelet <sup>22</sup>	Swedish Chicken Meatballs <sup>23</sup>	Meatloaf w/Tomato Gravy <sup>24</sup>
Swiss Steak <sup>27</sup>	Lemon Pepper Pollock <sup>28</sup>	Chicken Divan <sup>29</sup>	Herbed Pork Loin <sup>30</sup>	Turkey Rice Casserole <sup>01</sup>

## Mighty Strong - High Calorie, High Protein

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

Cilantro Lime Meatballs <sup>30</sup>	Chicken Noodle Casserole <sup>31</sup>	Breakfast Burrito w/Salsa <sup>01</sup>	Chkn Tenders over Orange Rice <sup>02</sup>	Pepper & Beef Patty w/Gravy CLOSED FOR GOOD FRIDAY <sup>03</sup>
Chicken & Dumplings <sup>06</sup>	Sausage w/Mac & Cheese <sup>07</sup>	Meatballs w/ Rice & Gravy <sup>08</sup>	Creamy Breaded Chicken <sup>09</sup>	Cheese Pizza <sup>10</sup>
Cilantro Lime Meatballs <sup>13</sup>	Chicken Noodle Casserole <sup>14</sup>	Breakfast Burrito w/Salsa <sup>15</sup>	Chkn Tenders over Orange Rice <sup>16</sup>	Pepper & Beef Patty w/Gravy <sup>17</sup>
Chicken & Dumplings <sup>20</sup>	Sausage w/Mac & Cheese <sup>21</sup>	Meatballs w/ Rice & Gravy <sup>22</sup>	Creamy Breaded Chicken <sup>23</sup>	Cheese Pizza <sup>24</sup>
Cilantro Lime Meatballs <sup>27</sup>	Chicken Noodle Casserole <sup>28</sup>	Breakfast Burrito w/Salsa <sup>29</sup>	Chkn Tenders over Orange Rice <sup>30</sup>	Pepper & Beef Patty w/Gravy <sup>01</sup>

## Mighty Healthy - Obesity, Diabetic, Cardiac

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

Salisbury Steak <sup>30</sup>	Pizzaiola Pork <sup>31</sup>	Breaded Pollock <sup>01</sup>	Beef Patty w/Horseradish <sup>02</sup>	Chicken Patty w/Rice CLOSED FOR GOOD FRIDAY <sup>03</sup>
Chicken Chili with Beans <sup>06</sup>	Chipotle Meatloaf <sup>07</sup>	Chimichurri Chicken <sup>08</sup>	Pork Patty & Gravy <sup>09</sup>	Chicken Florentine Rice <sup>10</sup>
Salisbury Steak <sup>13</sup>	Pizzaiola Pork <sup>14</sup>	Breaded Pollock <sup>15</sup>	Beef Patty w/Horseradish <sup>16</sup>	Chicken Patty w/Rice <sup>17</sup>
Chicken Chili with Beans <sup>20</sup>	Chipotle Meatloaf <sup>21</sup>	Chimichurri Chicken <sup>22</sup>	Pork Patty & Gravy <sup>23</sup>	Chicken Florentine Rice <sup>24</sup>
Salisbury Steak <sup>27</sup>	Pizzaiola Pork <sup>28</sup>	Breaded Pollock <sup>29</sup>	Beef Patty w/Horseradish <sup>30</sup>	Chicken Patty w/Rice <sup>01</sup>

## Mighty Well - Renal

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

BBQ Chicken <sup>30</sup>	Chipotle Meatloaf <sup>31</sup>	Turkey Meatloaf w/Sauce <sup>01</sup>	Sausage Patties <sup>02</sup>	Cheese Omelet & Salsa CLOSED FOR GOOD FRIDAY <sup>03</sup>
Breaded Pollock with Sauce <sup>06</sup>	Fried Egg Patties <sup>07</sup>	Pork Patty w/ Pizzaiola Sauce <sup>08</sup>	Salisbury Steak <sup>09</sup>	Breakfast Scramble <sup>10</sup>
BBQ Chicken <sup>13</sup>	Chipotle Meatloaf <sup>14</sup>	Turkey Meatloaf w/Sauce <sup>15</sup>	Sausage Patties <sup>16</sup>	Cheese Omelet & Salsa <sup>17</sup>
Breaded Pollock with Sauce <sup>20</sup>	Fried Egg Patties <sup>21</sup>	Pork Patty w/ Pizzaiola Sauce <sup>22</sup>	Salisbury Steak <sup>23</sup>	Breakfast Scramble <sup>24</sup>
BBQ Chicken <sup>27</sup>	Chipotle Meatloaf <sup>28</sup>	Turkey Meatloaf w/Sauce <sup>29</sup>	Sausage Patties <sup>30</sup>	Cheese Omelet & Salsa <sup>01</sup>