

MEALS ON WHEELS MENU

MARCH 2023

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	11		12		1	Black Beans & Rice w/Corn Carrots WG Bread Apple Juice	2	Sesame Chicken Broccoli w/ Shredded Carrots Cauliflower w/ Red Pepper WW Roll Orange Juice	3	Bean Burrito w/ Queso Parsley Corn Carrots WG Bread
					OR	OR	OR			
CHOICE B	17				1	Chicken Marsala Butternut Squash Green Beans WW Roll Margarine Cup	2	Cheese Omelet Fruited Granola Breakfast Potatoes WG Bread Apple Juice	3	Macaroni & Beef Casserole Spinach California Blend Vegetables WW Roll
CHOICE A	6	Fish Nuggets Garlic Mashed Potatoes Carrots WW Roll Chocolate Chip Cookie	7	Steak Patty w/ Picadillo Sweet Potato Green Peas WW Roll	8	Sweet & Sour Pork Fried Rice Corn WW Roll Applesauce	9	Cavatappi Bolognese Italian Vegetable Medley WG Bread Pineapple Juice	10	Southern-Style Fish Fingers Cheesy Mashed Potatoes Broccoli WW Roll Blended Juice
		OR	OR	OR	OR	OR	OR			
CHOICE B	6	Salisbury Steak Mixed Vegetables Brown Rice WG Bread	7	Thai Ginger Curry Chicken Green Beans Carrots WG Bread Orange-Pineapple Juice	8	BBQ Pork Riblet Sweet Potatoes Mixed Vegetables WW Roll Applesauce	9	Pollock Filet Cheesy Mashed Potatoes Mixed Vegetables WG Bread Margarine Pineapple Juice	10	Three Cheese Macaroni & Cheese Green Beans WW Roll Blended Juice

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All meals served with 1% low-fat white or non-fat chocolate milk. Vegetarian meals available upon request.

WG = Whole Grain; WW = Whole Wheat



MEALS ON WHEELS
NORTH CENTRAL TEXAS

CHOICE A	13 Fajita Chicken Butternut Squash Black Beans WW Tortilla Blended Juice	14 Cheese Omelet Strawberry Compote Wheat Pancakes WG Bread Orange Juice	15 Vegetarian Chili Carrots WW Roll Applesauce	16 Veal Chop w/ Mustard Sage Sauce Potatoes Butternut Squash WW Roll Chocolate Chip Cookie	17 Meatballs w/ Cavatappi Pasta Broccoli WW Roll Apple Spice Cookie
	OR	OR	OR	OR	OR
CHOICE B	13 BBQ Pork Riblet Sweet Potatoes Mixed Vegetables WW Roll	14 Hamburger on Whole Grain Bun Mashed Potatoes Carrots Ketchup/Mustard	15 Beef Patty w/ Gravy Mixed Vegetables Garlic Mashed Potatoes WW Roll	16 Cheese Lasagna Roll-up w/ Spinach Alfredo Sauce Mixed Vegetables WG Bread Sugar Cookie	17 Honey Mustard Chicken Garlic Mashed Potatoes Carrots WW Roll Margarine

CHOICE A	20 Manicotti Alfredo w/ Vegetable Sauce Corn & Carrots WG Bread Pineapple Juice	21 Cavatappi Bolognese Italian Vegetable Medley WW Roll Applesauce	22 Beef Teriyaki White Rice Mixed Vegetables WW Roll Blended Juice	23 Western Omelet Breakfast Potatoes Strawberry Applesauce WW Roll	24 Twisted Mac N Cheese Carrots WG Bread Margarine
	OR	OR	OR	OR	OR
CHOICE B	20 Diced Chicken Green Beans Yellow Rice w/ Tomatoes & Chive WW Roll	21 Three Bean & Beef Chili Squash Medley WW Roll Orange Juice	22 Chicken & Gravy Brussels Sprouts Potatoes WW Roll Blended Juice	23 Chicken Stew Carrots Strawberry Crisp WW Roll	24 Chicken w/ Italian Sauce Garlic Mashed Potatoes Green Beans WW Roll Orange- Pineapple Juice

CHOICE A	27 Beef Patty w/ Pizzaiola Sauce Green Beans Pineapple Mandarin WW Roll	28 Pork Chop Patty w/ Gravy Sweet Potato Brussels Sprouts WW Roll Orange-Pineapple Juice	29 Black Beans & Rice w/Corn Carrots WG Bread Apple Juice	30 Sesame Chicken Broccoli w/ Shredded Carrots Cauliflower w/ Red Pepper WW Roll Orange Juice	31 Bean Burrito w/ Queso Parsley Corn Carrots WG Bread
	OR	OR	OR	OR	OR
CHOICE B	27 Twisted Mac N Cheese Carrots WG Bread Margarine	28 Meatloaf w/ Gravy Stewed Tomatoes Skin-on Potatoes WW Roll Orange-Pineapple Juice	29 Chicken Marsala Butternut Squash Green Beans WW Roll Margarine Cup	30 Cheese Omelet Fruited Granola Breakfast Potatoes WG Bread Apple Juice	31 Macaroni & Beef Casserole Spinach California Blend Vegetables WW Roll

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