


MEALS ON WHEELS

MAY 2023 VEGETARIAN MENU

NOT GOING TO BE HOME? NOTIFY 48 HOURS IN ADVANCE.
Call or Text 888.869.6325 Online www.mownct.org/cancel-my-meal

1 Cheese Lasagna with Spinach Alfredo Sauce Mixed Vegetables WG Bread Margarine Orange Juice	2 Manicotti Alfredo Yellow Corn Carrots WG Bread Grape Juice	3 Vegetarian Chili Carrots Corn Muffin Margarine Apple Juice	4 Macaroni & Cheese Carrots Green Beans WG Bread Margarine Pineapple Cup	5 Plant-Based "Chick'n Nuggets" Rice Sweet Potatoes WG Bread Margarine Applesauce
8 Black Beans with Rice and Corn Parslied Carrots WG Bread Margarine Peach Cup	9 Cheese Lasagna with Spinach Alfredo Sauce Mixed Vegetables WG Bread Margarine Mandarin Oranges Waffle Grahams	10 Bean Burrito w/ Queso Carrots Whole Kernel Corn Mixed Fruit Cup Corn Muffin	11 Meatless Ground Beef & Pasta Casserole Pinto Beans Steamed Carrots WG Bread Applesauce	12 Macaroni & Cheese Green Beans Carrots WG Roll Margarine Raisins
15 Cheese Lasagna with Spinach Alfredo Sauce Mixed Vegetables WG Bread Margarine Orange Juice	16 Manicotti Alfredo Yellow Corn Carrots WG Bread Grape Juice	17 Vegetarian Chili Carrots Corn Muffin Margarine Apple Juice	18 Macaroni & Cheese Carrots Green Beans WG Bread Margarine Pineapple Cup	19 Plant-Based "Chick'n Nuggets" Rice Sweet Potatoes WG Bread Margarine Applesauce
22 Black Beans with Rice and Corn Parslied Carrots WG Bread Margarine Peach Cup	23 Cheese Lasagna with Spinach Alfredo Sauce Mixed Vegetables WG Bread Margarine Mandarin Oranges Waffle Grahams	24 Bean Burrito w/ Queso Carrots Whole Kernel Corn Mixed Fruit Cup Corn Muffin	25 Meatless Ground Beef & Pasta Casserole Pinto Beans Steamed Carrots WG Bread Applesauce	26 Macaroni & Cheese Green Beans Carrots WG Roll Margarine Raisins
29  Office Closed Memorial Day	30 Manicotti Alfredo Yellow Corn Carrots WG Bread Grape Juice	31 Vegetarian Chili Carrots Corn Muffin Margarine Apple Juice		13 

All meals served with 1% low-fat white or non-fat chocolate milk. *WG = Whole Grain; WW = Whole Wheat*

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