

MEALS ON WHEELS MENU

MAY 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	1 Fish Nuggets Garlic Mashed Potatoes Carrots WW Roll Chocolate Chip Cookie	2 Steak Patty w/ Picadillo Sweet Potato Green Peas WW Roll	3 Sweet & Sour Pork Fried Rice Corn WW Roll Applesauce	4 Cavatappi Bolognese Italian Vegetable Medley WG Bread Pineapple Juice	5 Southern-Style Fish Fingers Cheesy Mashed Potatoes Broccoli WW Roll Blended Juice
	OR	OR	OR	OR	OR
CHOICE B	1 Salisbury Steak Mixed Vegetables Brown Rice WG Bread	2 Thai Ginger Curry Chicken Green Beans Carrots WG Bread Orange-Pineapple Juice	3 BBQ Pork Riblet Sweet Potatoes Mixed Vegetables WW Roll Applesauce	4 Pollock Filet Cheesy Mashed Potatoes Mixed Vegetables WG Bread Margarine Cup Pineapple Juice	5 Three Cheese Macaroni & Cheese Green Beans WW Roll Blended Juice
	OR	OR	OR	OR	OR
CHOICE A	8 Fajita Chicken Butternut Squash Black Beans WW Tortilla Blended Juice	9 Cheese Omelet Strawberry Compote Wheat Pancakes WG Bread Orange Juice	10 Vegetarian Chili Carrots WW Roll Applesauce	11 Veal Chop w/ Mustard Sage Sauce Potatoes Butternut Squash WW Roll Chocolate Chip Cookie	12 Meatballs w/ Cavatappi Pasta Broccoli WW Roll Apple Spice Cookie
	OR	OR	OR	OR	OR
CHOICE B	8 BBQ Pork Riblet Sweet Potatoes Mixed Vegetables WW Roll	9 Hamburger on Whole Grain Bun Mashed Potatoes Carrots Ketchup/Mustard	10 Beef Patty w/ Gravy Mixed Vegetables Garlic Mashed Potatoes WW Roll	11 Cheese Lasagna Roll-up w/ Spinach Alfredo Sauce Mixed Vegetables WG Bread Sugar Cookie	12 Honey Mustard Chicken Garlic Mashed Potatoes Carrots WW Roll Margarine
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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




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



MEALS on WHEELS
NORTH CENTRAL TEXAS

CHOICE A	15 Manicotti Alfredo w/ Vegetable Sauce Corn & Carrots WG Bread Pineapple Juice	16 Cavatappi Bolognese Italian Vegetable Medley WW Roll Applesauce	17 Beef Teriyaki White Rice Mixed Vegetables WW Roll Blended Juice	18 Western Omelet Breakfast Potatoes Strawberry Applesauce WW Roll	19 Twisted Mac N Cheese Carrots WG Bread Margarine
	OR	OR	OR	OR	OR
CHOICE B	15 Diced Chicken Green Beans Yellow Rice w/ Tomatoes & Chive WW Roll	16 Three Bean & Beef Chili Squash Medley WW Roll Orange Juice	17 Chicken & Gravy Brussels Sprouts Potatoes WW Roll Blended Juice	18 Chicken Stew Carrots Strawberry Crisp WW Roll	19 Chicken w/ Italian Sauce Garlic Mashed Potatoes Green Beans WW Roll Orange-Pineapple Juice

CHOICE A	22 Beef Patty w/ Pizzaiola Sauce Green Beans Pineapple Mandarin WW Roll	23 Pork Chop Patty w/ Gravy Sweet Potato Brussels Sprouts WW Roll Orange-Pineapple Juice	24 Black Beans & Rice w/Corn Carrots WG Bread Apple Juice	25 Sesame Chicken Broccoli w/ Shredded Carrots Cauliflower w/ Red Pepper WW Roll Orange Juice	26 Bean Burrito w/ Queso Parsley Corn Carrots WG Bread
	OR	OR	OR	OR	OR
CHOICE B	22 Twisted Mac N Cheese Carrots WG Bread Margarine	23 Meatloaf w/ Gravy Stewed Tomatoes Skin-on Potatoes WW Roll Orange-Pineapple Juice	24 Chicken Marsala Butternut Squash Green Beans WW Roll Margarine Cup	25 Cheese Omelet Fruited Granola Breakfast Potatoes WG Bread Apple Juice	26 Macaroni & Beef Casserole Spinach California Blend Vegetables WW Roll

CHOICE A	29  Office Closed Memorial Day	30 Steak Patty w/ Picadillo Sweet Potato Green Peas WW Roll	31 Sweet & Sour Pork Fried Rice Corn WW Roll Applesauce		13 
	OR	OR	OR	OR	OR
CHOICE B	29  Office Closed Memorial Day	30 Thai Ginger Curry Chicken Green Beans Carrots WG Bread Orange-Pineapple Juice	31 BBQ Pork Riblet Sweet Potatoes Mixed Vegetables WW Roll Applesauce		

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