

MEALS ON WHEELS NORTH CENTRAL TEXAS SEPTEMBER 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

<p>9</p> 				<p>1 Macaroni & Cheese Green Beans Carrots WG Roll Margarine Raisins</p>
<p>4 OFFICE CLOSED</p>  <p>LABOR DAY</p>	<p>5 Manicotti Alfredo Yellow Corn Carrots WG Bread Grape Juice</p>	<p>6 Vegetarian Chili Carrots Corn Muffin Margarine Apple Juice</p>	<p>7 Macaroni & Cheese Carrots Green Beans WG Bread Margarine Pineapples</p>	<p>8 Plant-Based "Chick'n Nuggets" Rice Sweet Potatoes WG Bread Margarine Applesauce</p>
<p>11 Black Beans w/ Rice and Corn Parslied Carrots WG Bread Margarine Peaches</p>	<p>12 Cheese Lasagna w/ Spinach Alfredo Sauce Mixed Vegetables WG Bread Margarine Mandarin Oranges Waffle Grahams</p>	<p>13 Bean Burrito w/ Queso Carrots Whole Kernel Corn Mixed Fruit Corn Muffin</p>	<p>14 Meatless Ground Beef & Pasta Casserole Pinto Beans Steamed Carrots WG Bread Applesauce</p>	<p>15 Macaroni & Cheese Green Beans Carrots WG Roll Margarine Raisins</p>
<p>18 Cheese Lasagna w/ Spinach Alfredo Sauce Mixed Vegetables WG Bread Margarine Orange Juice</p>	<p>19 Manicotti Alfredo Yellow Corn Carrots WG Bread Grape Juice</p>	<p>20 Vegetarian Chili Carrots Corn Muffin Margarine Apple Juice</p>	<p>21 Macaroni & Cheese Carrots Green Beans WG Bread Margarine Pineapples</p>	<p>22 Plant-Based "Chick'n Nuggets" Rice Sweet Potatoes WG Bread Margarine Applesauce</p>
<p>25 Black Beans w/ Rice and Corn Parslied Carrots WG Bread Margarine Peaches</p>	<p>26 Cheese Lasagna w/ Spinach Alfredo Sauce Mixed Vegetables WG Bread Margarine Mandarin Oranges Waffle Grahams</p>	<p>27 Bean Burrito w/ Queso Carrots Whole Kernel Corn Mixed Fruit Corn Muffin</p>	<p>28 Meatless Ground Beef & Pasta Casserole Pinto Beans Steamed Carrots WG Bread Applesauce</p>	<p>29 Macaroni & Cheese Green Beans Carrots WG Roll Margarine Raisins</p>

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.

