


# MEALS ON WHEELS NORTH CENTRAL TEXAS

## NOVEMBER 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](http://www.mownct.org/cancel-my-meal)

<p>11</p> 		<p>1</p> <p>Vegetarian Chili Carrots Corn Muffin Margarine Apple Juice</p>	<p>2</p> <p>Macaroni &amp; Cheese Carrots Green Beans WG Bread Margarine Pineapple Cup</p>	<p>3</p> <p>Plant-Based "Chick'n Nuggets" Rice Sweet Potatoes WG Bread Margarine Applesauce</p>
<p>6</p> <p>Black Beans with Rice and Corn Parslied Carrots WG Bread Margarine Peach Cup</p>	<p>7</p> <p>Cheese Lasagna with Spinach Alfredo Sauce Mixed Vegetables WG Bread Margarine Mandarin Oranges Waffle Grahams</p>	<p>8</p> <p>Bean Burrito w/ Queso Carrots Whole Kernel Corn Mixed Fruit Cup Corn Muffin</p>	<p>9</p> <p>Meatless Ground Beef &amp; Pasta Casserole Pinto Beans Steamed Carrots WG Bread Applesauce</p>	<p>10</p> <p>Macaroni &amp; Cheese Green Beans Carrots WG Roll Margarine Raisins</p>
<p>13</p> <p>Cheese Lasagna with Spinach Alfredo Sauce Mixed Vegetables WG Bread Margarine Orange Juice</p>	<p>14</p> <p>Manicotti Alfredo Yellow Corn Carrots WG Bread Grape Juice</p>	<p>15</p> <p>Vegetarian Chili Carrots Corn Muffin Margarine Apple Juice</p>	<p>16</p> <p>Macaroni &amp; Cheese Carrots Green Beans WG Bread Margarine Pineapple Cup</p>	<p>17</p> <p>Plant-Based "Chick'n Nuggets" Rice Sweet Potatoes WG Bread Margarine Applesauce</p>
<p>20</p> <p>Black Beans with Rice and Corn Parslied Carrots WG Bread Margarine Peach Cup</p>	<p>21</p> <p>Cheese Lasagna with Spinach Alfredo Sauce Mixed Vegetables WG Bread Margarine Mandarin Oranges Waffle Grahams</p>	<p>22</p> <p>Bean Burrito w/ Queso Carrots Whole Kernel Corn Mixed Fruit Cup Corn Muffin</p>	<p>23</p>  <p>OFFICE CLOSED</p>	<p>24</p>  <p>OFFICE CLOSED</p>
<p>27</p> <p>Cheese Lasagna with Spinach Alfredo Sauce Mixed Vegetables WG Bread Margarine Orange Juice</p>	<p>28</p> <p>Manicotti Alfredo Yellow Corn Carrots WG Bread Grape Juice</p>	<p>29</p> <p>Vegetarian Chili Carrots Corn Muffin Margarine Apple Juice</p>	<p>30</p> <p>Macaroni &amp; Cheese Carrots Green Beans WG Bread Margarine Pineapple Cup</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.\*\*\*