


MEALS ON WHEELS NORTH CENTAL TEXAS NOVEMBER 2023

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


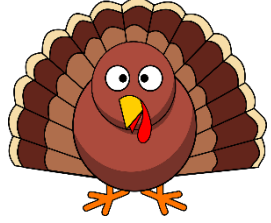
CHOICE A	11		1	Honey Mustard Chicken Carrots Garlic Mashed Potatoes Dinner Roll Margarine Orange Juice	2	Breaded Pollock Mixed Vegetables Cheesy Potatoes White Bread Margarine	3	Sesame Chicken Broccoli w/ Shredded Carrot Cauliflower & Red Peppers White Bread Lemon Crème Cookie Apple Juice		
	OR		OR	OR	OR	OR				
CHOICE B			1	Cheese Lasagna w/ Spinach Alfredo Sauce Mixed Vegetables WG Bread Orange Juice	2	Cheese Omelet w/ Sausage Breakfast Potatoes Fruited Granola Mix WG Bread Blended Juice	3	Salisbury Steak Mixed Vegetables Brown Rice WG Bread Blended Juice		
CHOICE A	6	Beef Teriyaki Patty Rice Mixed Vegetables WG Bread	7	Fajita Chicken Butternut Squash Black Beans White Bread Apple Juice	8	Macaroni & Beef Casserole Spinach Neopalitan California Blend Vegetables Oatmeal Raisin Cookie White Bread	9	BBQ Pork Riblet Mixed Vegetables Sweet Potato Dinner Roll Margarine Blended Juice	10	Black Beans and Rice w/ Corn Carrots WG Bread Peanut Butter
	OR	OR	OR	OR	OR	OR				
CHOICE B	6	Chicken w/ Gravy Breakfast Potatoes Brussel Sprouts WG Bread Peanut Butter	7	Twisted Mac & Cheese Carrots WG Bread Apple Juice	8	Chicken w/ Italian Sauce Green Beans Garlic Mashed Potatoes White Bread Oatmeal Raisin Cookie	9	Hamburger Mashed Potatoes Carrots Hamburger Bun Ketchup/Mustard Blended Juice	10	Sweet & Sour Pork Fried Rice Parsley Corn WG Bread Honey Graham Crackers

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.



CONTINUED ON NEXT PAGE

CHOICE A	13 Meatloaf w/ Apple Brown Gravy Breakfast Potatoes Stewed Tomatoes WG Bread Apple Juice	14 Batter-Dipped Fish Nuggets Garlic Mashed Potatoes Carrots WG Bread Banana Crème Sandwich Cookie Margarine	15 Meatballs w/ Orange Sauce White Rice Green Peas WG Bread Margarine Apple Juice	16 Chicken Marsala Butternut Squash Green Beans WG Bread Lemon Crème Sandwich Cookie Margarine	17 Steak Patty w/ Picadillo Sauce Sweet Potatoes Green Peas White Bread Apple Juice
	OR	OR	OR	OR	OR
CHOICE B	13 Three Cheese Macaroni Carrots Green Beans White Bread Apple Juice	14 Omelet w/Western Sauce & Sausage Link Breakfast Potatoes Strawberry Applesauce Crisp White Bread	15 Veggie Chili w/ Pinto Beans Carrots White Bread Peanut Butter Apple Juice	16 Veal Chop w/ Mustard Sage Sauce Mashed Potatoes Butternut Squash WG Bread Honey Graham Crackers	17 Chicken Stew Carrots Strawberry Applesauce Crisp White Bread Apple Juice

CHOICE A	20 Koren BBQ Pork Riblet Broccoli Coconut Pineapple Mandarin WG Bread Peanuts	21 Manicotti w/ Alfredo Vegetable Sauce Corn Carrots Dinner Roll Apple Juice	22 Pork Chop Patty w/ Homestyle Sauce Sweet Potatoes Brussel Sprouts White Bread Sugar Cookie	23  OFFICE CLOSED	24  OFFICE CLOSED
	OR	OR	OR	OR	OR
CHOICE B	20 Three Bean Beef Chili Squash Medley White Bread Pineapple Juice	21 Diced Chicken Green Beans w/ Red Peppers Yellow Rice w/ Tomato & Chives Dinner Roll	22 Beef Patty w/ Gravy Mixed Vegetables Garlic Mashed Potatoes Sugar Cookie WG Bread	23	24

CHOICE A	27 Garden Scrambled Eggs Breakfast Brown Potatoes Cranberry Apples WG Bread	28 Penne Pasta Bolognese Italian Vegetable Medley White Bread Honey Graham Crackers	29 Honey Mustard Chicken Carrots Garlic Mashed Potatoes Dinner Roll Margarine Orange Juice	30 Breaded Pollock Mixed Vegetables Cheesy Potatoes White Bread Margarine	
	OR	OR			
CHOICE B	27 Meatballs & Pasta Broccoli WG Bread Lemon Crème Sandwich Cookie	28 General Tso Chicken Asian Ginger Rice Peas and Carrots WG Roll Honey Graham Crackers	29 Cheese Lasagna w/ Spinach Alfredo Sauce Mixed Vegetables WG Bread Orange Juice	30 Cheese Omelet w/ Sausage Breakfast Potatoes Fruited Granola Mix WG Bread Blended Juice	