MEALS ON WHEELS NORTH CENTRAL TEXAS JUNE 2024

NOT GOING TO BE HOME? NOTIFY 48 HOURS IN ADVANCE.

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3	4	5	6	7
Grilled BBQ Pork	Cilantro Lime	Rosemary Chicken	Salisbury Steak	Pepperoni Pizza
Patty	Meatballs w/Rice	Lima Beans	Red Skin Potatoes	Four Seasons
Black Beans & Corn	Bean Blend	Spring Vegetable	Mixed Vegetables	Vegetable Blend
Brussels Sprouts	Carrots	Blend	Whole Wheat Bread	Whole Kernel Corn
Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Margarine	Whole Wheat Bread
Margarine	Margarine	Margarine	Milk	Margarine
Milk	Milk	Milk	Mandarin Orange Cup	Milk
Oatmeal Crème	Apple Juice	Chocolate Crème	Grape Juice	Orange Juice
Cookie		Cookies		
OR	OR	OR	OR	OR
Chicken & Dumplings	Breaded Pollock	Pork Patty with Zesty	Cheese Omelet &	Beef Patty over
Lima Beans	with Parma Rosa	Orange Rice	Salsa	Cheesy Chipotle Rice
Winter Vegetable	Sauce	Green Peas	Broccoli Florets	Whole Kernel Corn
Blend	Corn with Peppers	Carrots	Hash Browns	Broccoli Florets
Whole Wheat Bread	Italian Green Beans	Whole Wheat Bread	Whole Wheat Bread	Cornbread Muffin
Margarine	Whole Wheat Bread	Margarine	Margarine	Margarine
Milk	Margarine	Milk	Milk	Milk
Oatmeal Crème	Milk	Chocolate Crème	Mandarin Orange Cup	Orange Juice
Cookie	Graham Crackers	Cookies	Grape Juice	
10	11	10	10	
10				
		12	13	14
Chicken & Penne	Pollock Nuggets	Beef Pepper Patty	Breaded Parmesan	Red Beans & Rice
Chicken & Penne Pasta Alfredo	Pollock Nuggets Northern Beans	Beef Pepper Patty w/Gravy	Breaded Parmesan Chicken Patty	Red Beans & Rice w/Sausage
Chicken & Penne Pasta Alfredo Carrots	Pollock Nuggets Northern Beans Broccoli Florets	Beef Pepper Patty w/Gravy Spinach	Breaded Parmesan Chicken Patty Red Skin Potatoes	Red Beans & Rice w/Sausage Corn with Peppers
Chicken & Penne Pasta Alfredo Carrots Butternut Squash	Pollock Nuggets Northern Beans Broccoli Florets Cornbread Muffin	Beef Pepper Patty w/Gravy Spinach Sweet Potatoes	Breaded Parmesan Chicken Patty Red Skin Potatoes Mixed Vegetables	Red Beans & Rice w/Sausage Corn with Peppers Butternut Squash
Chicken & Penne Pasta Alfredo Carrots Butternut Squash Whole Wheat Bread	Pollock Nuggets Northern Beans Broccoli Florets Cornbread Muffin Margarine	Beef Pepper Patty w/Gravy Spinach Sweet Potatoes Whole Wheat Bread	Breaded Parmesan Chicken Patty Red Skin Potatoes Mixed Vegetables Whole Wheat Bread	Red Beans & Rice w/Sausage Corn with Peppers Butternut Squash Whole Wheat Bread
Chicken & Penne Pasta Alfredo Carrots Butternut Squash Whole Wheat Bread Margarine	Pollock Nuggets Northern Beans Broccoli Florets Cornbread Muffin Margarine Milk	Beef Pepper Patty w/Gravy Spinach Sweet Potatoes Whole Wheat Bread Margarine	Breaded Parmesan Chicken Patty Red Skin Potatoes Mixed Vegetables Whole Wheat Bread Margarine	Red Beans & Rice w/Sausage Corn with Peppers Butternut Squash Whole Wheat Bread Margarine
Chicken & Penne Pasta Alfredo Carrots Butternut Squash Whole Wheat Bread Margarine Milk	Pollock Nuggets Northern Beans Broccoli Florets Cornbread Muffin Margarine	Beef Pepper Patty w/Gravy Spinach Sweet Potatoes Whole Wheat Bread Margarine Milk	Breaded Parmesan Chicken Patty Red Skin Potatoes Mixed Vegetables Whole Wheat Bread Margarine Milk	Red Beans & Rice w/Sausage Corn with Peppers Butternut Squash Whole Wheat Bread Margarine Milk
Chicken & Penne Pasta Alfredo Carrots Butternut Squash Whole Wheat Bread Margarine	Pollock Nuggets Northern Beans Broccoli Florets Cornbread Muffin Margarine Milk	Beef Pepper Patty w/Gravy Spinach Sweet Potatoes Whole Wheat Bread Margarine Milk Chocolate Crème	Breaded Parmesan Chicken Patty Red Skin Potatoes Mixed Vegetables Whole Wheat Bread Margarine	Red Beans & Rice w/Sausage Corn with Peppers Butternut Squash Whole Wheat Bread Margarine
Chicken & Penne Pasta Alfredo Carrots Butternut Squash Whole Wheat Bread Margarine Milk Apple Cereal Bar	Pollock Nuggets Northern Beans Broccoli Florets Cornbread Muffin Margarine Milk	Beef Pepper Patty w/Gravy Spinach Sweet Potatoes Whole Wheat Bread Margarine Milk	Breaded Parmesan Chicken Patty Red Skin Potatoes Mixed Vegetables Whole Wheat Bread Margarine Milk	Red Beans & Rice w/Sausage Corn with Peppers Butternut Squash Whole Wheat Bread Margarine Milk
Chicken & Penne Pasta Alfredo Carrots Butternut Squash Whole Wheat Bread Margarine Milk Apple Cereal Bar OR	Pollock Nuggets Northern Beans Broccoli Florets Cornbread Muffin Margarine Milk Orange Juice OR	Beef Pepper Patty w/Gravy Spinach Sweet Potatoes Whole Wheat Bread Margarine Milk Chocolate Crème Cookies OR	Breaded Parmesan Chicken Patty Red Skin Potatoes Mixed Vegetables Whole Wheat Bread Margarine Milk Tropical Fruit Cup	Red Beans & Rice w/Sausage Corn with Peppers Butternut Squash Whole Wheat Bread Margarine Milk Orange Juice OR
Chicken & Penne Pasta Alfredo Carrots Butternut Squash Whole Wheat Bread Margarine Milk Apple Cereal Bar	Pollock Nuggets Northern Beans Broccoli Florets Cornbread Muffin Margarine Milk Orange Juice	Beef Pepper Patty w/Gravy Spinach Sweet Potatoes Whole Wheat Bread Margarine Milk Chocolate Crème Cookies	Breaded Parmesan Chicken Patty Red Skin Potatoes Mixed Vegetables Whole Wheat Bread Margarine Milk Tropical Fruit Cup	Red Beans & Rice w/Sausage Corn with Peppers Butternut Squash Whole Wheat Bread Margarine Milk Orange Juice OR Grilled Chicken
Chicken & Penne Pasta Alfredo Carrots Butternut Squash Whole Wheat Bread Margarine Milk Apple Cereal Bar OR Beef Patty Carrots	Pollock Nuggets Northern Beans Broccoli Florets Cornbread Muffin Margarine Milk Orange Juice OR Southwest Chicken	Beef Pepper Patty w/Gravy Spinach Sweet Potatoes Whole Wheat Bread Margarine Milk Chocolate Crème Cookies OR Fried Egg Patties Sweet Potatoes	Breaded Parmesan Chicken Patty Red Skin Potatoes Mixed Vegetables Whole Wheat Bread Margarine Milk Tropical Fruit Cup OR Beef Strip w/Orange Rice	Red Beans & Rice w/Sausage Corn with Peppers Butternut Squash Whole Wheat Bread Margarine Milk Orange Juice OR
Chicken & Penne Pasta Alfredo Carrots Butternut Squash Whole Wheat Bread Margarine Milk Apple Cereal Bar OR Beef Patty	Pollock Nuggets Northern Beans Broccoli Florets Cornbread Muffin Margarine Milk Orange Juice OR Southwest Chicken Tenders	Beef Pepper Patty w/Gravy Spinach Sweet Potatoes Whole Wheat Bread Margarine Milk Chocolate Crème Cookies OR Fried Egg Patties	Breaded Parmesan Chicken Patty Red Skin Potatoes Mixed Vegetables Whole Wheat Bread Margarine Milk Tropical Fruit Cup OR Beef Strip w/Orange	Red Beans & Rice w/Sausage Corn with Peppers Butternut Squash Whole Wheat Bread Margarine Milk Orange Juice OR Grilled Chicken w/Rice & Gravy
Chicken & Penne Pasta Alfredo Carrots Butternut Squash Whole Wheat Bread Margarine Milk Apple Cereal Bar OR Beef Patty Carrots Brussels Sprouts Cornbread Muffin	Pollock Nuggets Northern Beans Broccoli Florets Cornbread Muffin Margarine Milk Orange Juice OR Southwest Chicken Tenders Sweet Potatoes	Beef Pepper Patty w/Gravy Spinach Sweet Potatoes Whole Wheat Bread Margarine Milk Chocolate Crème Cookies OR Fried Egg Patties Sweet Potatoes Asparagus Whole Wheat Bread	Breaded Parmesan Chicken Patty Red Skin Potatoes Mixed Vegetables Whole Wheat Bread Margarine Milk Tropical Fruit Cup OR Beef Strip w/Orange Rice Corn with Peppers	Red Beans & Rice w/Sausage Corn with Peppers Butternut Squash Whole Wheat Bread Margarine Milk Orange Juice OR Grilled Chicken w/Rice & Gravy Bean Blend
Chicken & Penne Pasta Alfredo Carrots Butternut Squash Whole Wheat Bread Margarine Milk Apple Cereal Bar OR Beef Patty Carrots Brussels Sprouts	Pollock Nuggets Northern Beans Broccoli Florets Cornbread Muffin Margarine Milk Orange Juice OR Southwest Chicken Tenders Sweet Potatoes Broccoli Florets Whole Wheat Bread	Beef Pepper Patty w/Gravy Spinach Sweet Potatoes Whole Wheat Bread Margarine Milk Chocolate Crème Cookies OR Fried Egg Patties Sweet Potatoes Asparagus	Breaded Parmesan Chicken Patty Red Skin Potatoes Mixed Vegetables Whole Wheat Bread Margarine Milk Tropical Fruit Cup OR Beef Strip w/Orange Rice Corn with Peppers Broccoli Florets Whole Wheat Bread	Red Beans & Rice w/Sausage Corn with Peppers Butternut Squash Whole Wheat Bread Margarine Milk Orange Juice OR Grilled Chicken w/Rice & Gravy Bean Blend Carrots Whole Wheat Bread
Chicken & Penne Pasta Alfredo Carrots Butternut Squash Whole Wheat Bread Margarine Milk Apple Cereal Bar OR Beef Patty Carrots Brussels Sprouts Cornbread Muffin Margarine	Pollock Nuggets Northern Beans Broccoli Florets Cornbread Muffin Margarine Milk Orange Juice OR Southwest Chicken Tenders Sweet Potatoes Broccoli Florets	Beef Pepper Patty w/Gravy Spinach Sweet Potatoes Whole Wheat Bread Margarine Milk Chocolate Crème Cookies OR Fried Egg Patties Sweet Potatoes Asparagus Whole Wheat Bread Margarine	Breaded Parmesan Chicken Patty Red Skin Potatoes Mixed Vegetables Whole Wheat Bread Margarine Milk Tropical Fruit Cup OR Beef Strip w/Orange Rice Corn with Peppers Broccoli Florets	Red Beans & Rice w/Sausage Corn with Peppers Butternut Squash Whole Wheat Bread Margarine Milk Orange Juice OR Grilled Chicken w/Rice & Gravy Bean Blend Carrots

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

17	18	19	20	21
Grilled Pork Patty w/Mushroom Gravy Sweet Potatoes Green Beans Whole Wheat Bread Margarine Milk Oatmeal Crème Cookie OR Breaded Pollock Green Pea Blend Carrots	Huevos Rancheros Red Skin Potatoes Broccoli Florets Whole Wheat Bread Margarine Milk Apple Juice OR Homestyle Meatloaf Red Skin Potatoes Winter Vegetable	Meatballs and Alfredo Shell Pasta Whole Kernel Corn Green Beans Whole Wheat Bread Margarine Milk Raisins OR Honey Mustard Chicken Sweet Potatoes	Chicken Nuggets Whole Kernel Corn Broccoli Florets Whole Wheat Bread Margarine Milk Applesauce Cup Chocolate Crème Cookies OR Beef Patty & Onion Gravy Red Skin Potatoes	Pork Patty & Rice w/Roasted Garlic Gravy Succotash Carrots Whole Wheat Bread Margarine Milk Grape Juice Graham Crackers OR Chicken & Teriyaki Rice Sweet Potatoes
Whole Wheat Bread Margarine Milk Oatmeal Crème Cookie	Blend Blend Cornbread Muffin Margarine Milk Apple Juice	Brussels Sprouts Whole Wheat Bread Margarine Milk Raisins	Broccoli Florets Whole Wheat Bread Margarine Milk Applesauce Cup Chocolate Crème Cookies	Brussels Sprouts Whole Wheat Bread Margarine Milk Grape Juice
24	25	26	27	28
Spaghetti & Meatballs Whole Kernel Corn Broccoli Florets Whole Wheat Bread Margarine Milk Apple Juice	Cheese Pizza Mixed Vegetables Bean Blend Whole Wheat Bread Margarine Milk Grape Juice	Beef Strip Patty & Brown Gravy Spinach Four Seasons Vegetable Blend Cornbread Muffin Margarine Milk Chocolate Crème Cookies	BBQ Chicken Patty Succotash Green Beans Whole Wheat Bread Margarine Milk Oatmeal Crème Cookie	Ginger Pork Patty Red Skin Potatoes Green Pea Blend Whole Wheat Bread Margarine Milk Fig Bar
OR	OR	OR	OR	OR
Breaded Pollock & Coconut Curry Rice Three Seasons Vegetable Blend Broccoli Florets Whole Wheat Bread Margarine Milk Apple Juice	Breakfast Burrito with Salsa Hash Browns Applesauce Whole Wheat Bread Margarine Milk Grape Juice	Creamy Breaded Chicken Patty Lima Beans Mixed Vegetables Cornbread Muffin Margarine Milk Apple Juice 8	Chicken Noodle Casserole Bean Blend Three Seasons Vegetable Blend Whole Wheat Bread Margarine Milk Oatmeal Crème Cookie	Chili with Beans Carrots Broccoli Florets Whole Wheat Bread Margarine Milk Fig Bar



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