

MEALS ON WHEELS NORTH CENTRAL TEXAS JUNE 2024

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

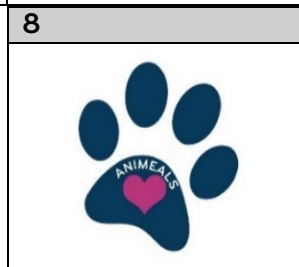
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3	4	5	6	7
Grilled BBQ Pork Patty Black Beans & Corn Brussels Sprouts Whole Wheat Bread Margarine Milk Oatmeal Crème Cookie	Cilantro Lime Meatballs w/Rice Bean Blend Carrots Whole Wheat Bread Margarine Milk Apple Juice	Rosemary Chicken Lima Beans Spring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

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	Huevos Rancheros Red Skin Potatoes Broccoli Florets Whole Wheat Bread Margarine Milk Apple Juice	Meatballs and Alfredo Shell Pasta Whole Kernel Corn Green Beans Whole Wheat Bread Margarine Milk Raisins	Chicken Nuggets Whole Kernel Corn Broccoli Florets Whole Wheat Bread Margarine Milk Applesauce Cup Chocolate Crème Cookies	Pork Patty & Rice w/Roasted Garlic Gravy Succotash Carrots Whole Wheat Bread Margarine Milk Grape Juice Graham Crackers
OR	OR	OR	OR	OR
Breaded Pollock Green Pea Blend Carrots Whole Wheat Bread Margarine Milk Oatmeal Crème Cookie	Homestyle Meatloaf Red Skin Potatoes Winter Vegetable Blend Cornbread Muffin Margarine Milk Apple Juice	Honey Mustard Chicken Sweet Potatoes Brussels Sprouts Whole Wheat Bread Margarine Milk Raisins	Beef Patty & Onion Gravy Red Skin Potatoes Broccoli Florets Whole Wheat Bread Margarine Milk Applesauce Cup Chocolate Crème Cookies	Chicken & Teriyaki Rice Sweet Potatoes 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	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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