

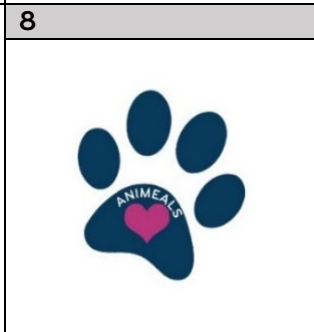
MEALS ON WHEELS NORTH CENTRAL TEXAS

JUNE 2024 VEGETARIAN

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

Call or Text 888.869.6325 • Online www.mownct.org/cancel-my-meal

3	4	5	6	7
Cheese Pizza Mixed Vegetables Bean Blend Whole Wheat Bread Margarine Milk Grape Juice	Fried Egg Patties Sweet Potatoes Asparagus Bran Flakes Cereal Margarine Milk Apple Cereal Bar	Macaroni & Cheese Bean Blend Brussels Sprouts Whole Wheat Bread Margarine Milk Vanilla Crème Cookies	Florentine Stuffed Shell w/Parma Rosa Sauce Lima Beans Carrots Whole Wheat Bread Margarine Milk Orange Juice Graham Crackers	Cheese Omelet & Salsa Broccoli Florets Hash Browns Whole Wheat Bread Margarine Milk Strawberry Cereal Bar
10	11	12	13	14
Huevos Rancheros Red Skin Potatoes Broccoli Florets Whole Wheat Bread Margarine Milk Apple Juice	Cheese Manicotti & Alfredo Sauce Bean Blend Butternut Squash Whole Wheat Bread Margarine Milk Fig Bar Cookie	Cheese Ravioli & Spinach Alfredo Sauce Mixed Vegetables Cauliflower Whole Wheat Bread Margarine Milk Oatmeal Crème Cookie	Cheese Pizza Mixed Vegetables Bean Blend Whole Wheat Bread Margarine Milk Orange Juice	Fried Egg Patties Sweet Potatoes Asparagus Whole Wheat Bread Margarine Milk Raisins
17	18	19	20	21
Cheese Pizza Mixed Vegetables Bean Blend Whole Wheat Bread Margarine Milk Grape Juice	Fried Egg Patties Sweet Potatoes Asparagus Bran Flakes Cereal Margarine Milk Apple Cereal Bar	Macaroni & Cheese Bean Blend Brussels Sprouts Whole Wheat Bread Margarine Milk Vanilla Crème Cookies	Florentine Stuffed Shell w/Parma Rosa Sauce Lima Beans Carrots Whole Wheat Bread Margarine Milk Orange Juice Graham Crackers	Cheese Omelet & Salsa Broccoli Florets Hash Browns Whole Wheat Bread Margarine Milk Strawberry Cereal Bar
24	25	26	27	28
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This menu is based on product availability, substitutions may be made.