



AUGUST 2025

Find the menu that applies to you.

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/B
28	29	30	31	A) Three Cheese Ziti OR B) Italian Beef & Macaroni
A) Dijon Beef Meatballs OR B) Thai Chili Chkn Meatballs	A) Turkey Rice Casserole OR B) Pizza Casserole	A) Spinach Chicken OR B) Meatloaf with Onion Gravy	A) Hamburger Patty OR B) Potato Crusted Pollock	A) Spaghetti Torte OR B) Beef Spaghetti Casserole
A) Meatloaf with Tomato Gravy OR B) Baked Chicken with Gravy	A) Turkey Brunswick Stew OR B) Ground Beef Stew	A) Hamburger Patty OR B) Potato Crusted Pollock	A) Chicken Etouffee OR B) Turkey Chili with Beans	A) Swiss Steak OR B) Oven Fried Pork Chop
A) Orange Chkn Over Fried Rice OR B) Mu Su Pork Over Fried Rice	A) Beef Taco OR B) Pork Carnitas	A) BBQ Pork Rib Patty OR B) Meatloaf with Brown Gravy	A) Chicken Enchilada Bake OR B) Bean Tamale Pie	A) Turkey Breast & Cheese OR B) Tuna Salad
A) Cheese Omelet OR B) Garlic Rosemary Chicken	A) Turkey Macaroni & Cheese OR B) Cheese burger Macaroni	A) Beef Enchilada Pie OR B) King Ranch Chkn Casserole	A) Tomato Basil Chicken OR B) Creole Steak	A) Hamburger Patty OR B) BBQ Chicken
•		•		Once-A-Week
28	29	30	31	O1 Turkey Breast with Gravy
O4 Potato Crusted Pollock	05 Beef Frito Pie	06 Baked Chicken with Gravy	Sloppy Joe	O8 Three Cheese Ziti
Dijon Beef Meatballs	Turkey Rice Casserole	Spinach Chicken	Hamburger Patty	Spaghetti Torte
18 Meatloaf with Tomato Gravy	19 Turkey Brunswick Stew	20 Hamburger Patty	Chicken Etoufee	22 Swiss Steak
0range Chicken over Fried Rice	Beef Taco	BBQ Pork Rib Patty	28 Chicken Enchilada Bake	29 Beef Meatballs with Gravy
				Vegetarian
28	[29]	30	31	Cheese Omelet & Salsa
04 Huevos Rancheros	O5 Cheese Manicotti & Alfredo	06 Cheese Ravioli & Spinach	Southwest Casserole	O8 Red Beans, Chickpeas & Rice
Cheese Pizza	Fried Egg Patties	Macaroni & Cheese	Florentine Stuffed Shells	Cheese Omelet & Salsa
Huevos Rancheros	Cheese Manicotti & Alfredo	20 Cheese Ravioli & Spinach	Southwest Casserole 21	Red Beans, Chickpeas & Rice
Cheese Pizza	26 Fried Egg Patties	Macaroni & Cheese	28 Florentine Stuffed Shells	Cheese Omelet & Salsa

Gluten Free		*These are Me	edically Tailored Meals that	require a Doctor's Note	
[28]	29	30	31	O1 Chicken Florentine Rice	
04 Beef Chili with Beans	BBQ Chicken	06 Breakfast Scramble	O7 Red Beans & Rice w/Sausage	O8 Cacciatore Chicken	
Chicken Chili with Beans	Fried Egg Patties	Chimichurri Chicken	Beef Patty	Chicken Florentine Rice	
Beef Chili with Beans	BBQ Chicken	Breakfast Scramble	Red Beans & Rice w/Sausage	Cacciatore Chicken	
25 Chicken Chili with Beans	Fried Egg Patties	Chimichurri Chicken	Beef Patty	29 Chicken Florentine Rice	
High Calorie, High Protein *These are Medically Tailored Meals that require a Doctor's Note					
<u>[28]</u>	29	30	31	O1 Cheese Pizza	
04 Cilantro Lime Meatballs	O5 Chicken Noodle Casserole	06 Breakfast Burrito w/Salsa	O7 Chkn Tenders over Orange Rice	O8 Pepper & Beef Patty w/Gravy	
Chicken & Dumplings	Sausage w/Mac & Cheese	Meatballs w/ Rice & Gravy	Creamy Breaded Chicken	Cheese Pizza	
Cilantro Lime Meatballs	Chicken Noodle Casserole	<u>20</u> Breakfast Burrito w/Salsa	Chkn Tenders over Orange Rice	22 Pepper & Beef Patty w/Gravy	
Chicken & Dumplings	Sausage w/Mac & Cheese	Meatballs w/ Rice & Gravy	28 Creamy Breaded Chicken	Cheese Pizza	
Obesity, Diabetic, Cardiac *These are Medically Tailored Meals that require a Doctor's Note					
28	29	[30]	31	O1 Chicken Florentine Rice	
04					
Salisbury Steak	<u>05</u> Pizzaiola Pork	D66 Breaded Pollock	07 Beef Patty w/Horseradish	O8 Chicken Patty w/Rice	
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Salisbury Steak	Pizzaiola Pork 12 Chipotle Meatloaf	Breaded Pollock	Beef Patty w/Horseradish	Chicken Patty w/Rice	
Salisbury Steak [11] Chicken Chili with Beans	Pizzaiola Pork 12 Chipotle Meatloaf Pizzaiola Pork	Breaded Pollock Chimichurri Chicken 20 Breaded Pollock	Beef Patty w/Horseradish 14 Pork Patty & Gravy	Chicken Patty w/Rice 15 Chicken Florentine Rice	
Salisbury Steak Chicken Chili with Beans 18 Salisbury Steak	Pizzaiola Pork 12 Chipotle Meatloaf 19 Pizzaiola Pork	Breaded Pollock Chimichurri Chicken 20 Breaded Pollock Chimichurri Chicken	Beef Patty w/Horseradish Pork Patty & Gravy 21 Beef Patty w/Horseradish 28	Chicken Patty w/Rice Chicken Florentine Rice Chicken Patty w/Rice Chicken Florentine Rice	
Salisbury Steak Chicken Chili with Beans 18 Salisbury Steak Chicken Chili with Beans	Pizzaiola Pork 12 Chipotle Meatloaf 19 Pizzaiola Pork	Breaded Pollock Chimichurri Chicken 20 Breaded Pollock Chimichurri Chicken	Beef Patty w/Horseradish Pork Patty & Gravy 21 Beef Patty w/Horseradish Pork Patty & Gravy	Chicken Patty w/Rice Chicken Florentine Rice Chicken Patty w/Rice Chicken Florentine Rice Chicken Florentine Rice	
Salisbury Steak Chicken Chili with Beans [18] Salisbury Steak Chicken Chili with Beans Renal	Pizzaiola Pork Chipotle Meatloaf Pizzaiola Pork Pizzaiola Pork Chipotle Meatloaf	Breaded Pollock Chimichurri Chicken 20 Breaded Pollock 27 Chimichurri Chicken *These are Me	Beef Patty w/Horseradish Pork Patty & Gravy 21 Beef Patty w/Horseradish Pork Patty & Gravy	Chicken Patty w/Rice Chicken Florentine Rice Chicken Patty w/Rice Chicken Florentine Rice Page 15 Chicken Florentine Rice require a Doctor's Note O1	
Salisbury Steak Chicken Chili with Beans [18] Salisbury Steak Chicken Chili with Beans Renal [28]	Pizzaiola Pork Chipotle Meatloaf Pizzaiola Pork Pizzaiola Pork Chipotle Meatloaf 26 Chipotle Meatloaf	Breaded Pollock Chimichurri Chicken 20 Breaded Pollock 27 Chimichurri Chicken *These are Me	Beef Patty w/Horseradish Pork Patty & Gravy 21 Beef Patty w/Horseradish 28 Pork Patty & Gravy adically Tailored Meals that	Chicken Patty w/Rice Chicken Florentine Rice Chicken Patty w/Rice Chicken Florentine Rice Chicken Florentine Rice Prequire a Doctor's Note Breakfast Scramble O8	
Salisbury Steak Chicken Chili with Beans [18] Salisbury Steak Chicken Chili with Beans Renal [28] [04] BBQ Chicken [11]	Pizzaiola Pork Chipotle Meatloaf Pizzaiola Pork Pizzaiola Pork Chipotle Meatloaf Chipotle Meatloaf Chipotle Meatloaf Tied Egg Patties	Breaded Pollock Chimichurri Chicken 20 Breaded Pollock Chimichurri Chicken *These are Me 30 Turkey Meatloaf w/Sauce	Beef Patty w/Horseradish Pork Patty & Gravy 21 Beef Patty w/Horseradish Pork Patty & Gravy edically Tailored Meals that 31 O7 Sausage Patties	Chicken Patty w/Rice Chicken Florentine Rice Chicken Patty w/Rice Chicken Florentine Rice Chicken Florentine Rice require a Doctor's Note Breakfast Scramble O8 Cheese Omelet & Salsa	