

SEPTEMBER 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

<div> <div>★ ★ ★</div> <div>— HAPPY —</div> <div>LABOR</div> <div>DAY</div> <div>★ ★ ★</div> </div> <div>OFFICE CLOSED</div>	<div>01</div> <div> A) Beef Picadillo OR B) Chicken Taco Fiesta Veggies, Southwest Corn, Flour Tortilla, Taco Sauce & Tapioca Pudding </div>	<div>02</div> <div> A) Turkey Pasta Bolognese OR B) Ham Broccoli Rice Casserole Green Peas, Harvard Beets, Texas Bread & Banana </div>	<div>03</div> <div> A) Chicken Salad OR B) Tuna Salad Garbanzo Bean Salad, Pineapple Tidbits, Club Crackers & Nutty Buddy Bar </div>	<div>04</div> <div> A) Oven Fried Pork Chop w/Gravy OR B) Turkey and White Beans Parslied Rice, Herbed Green Beans, Cornbread & Fresh Fruit </div>
<div>05</div> <div> A) Meatloaf w/Brown Gravy OR B) Honey Mustard Chicken Garlic Whipped Potatoes, Medley Cabbage, Multigrain Bread & Fresh Fruit </div>	<div>06</div> <div> A) Hamburger Patty OR B) Chipotle BBQ Diced Chicken Lettuce & Tomato, Ranch Beans, Hamburger Bun & Mixed Fruit Crisp </div>	<div>07</div> <div> A) Turkey Mac & Cheese OR B) Beef Stroganoff Sliced Carrots, Spinach, Dinner Roll & Fruited Lemon Gelatin </div>	<div>08</div> <div> A) Chicken Alfredo OR B) Loaded Potato Casserole Green Beans, Country Tomatoes, Texas Bread & Fresh Fruit </div>	<div>09</div> <div> A) Swedish Beef Meatballs OR B) Broccoli & Cheese Bake Lentils, Capri Veggies, Wheat Bread & Diced Peaches </div>
<div>10</div> <div> A) Tuna Noodle Au Gratin OR B) Italian Shells & Cheese Parmesan Tomatoes, Broccoli, Multigrain Bread & Fresh Fruit </div>	<div>11</div> <div> A) Chicken & Dumplings OR B) Homestyle Beef Casserole Whole Kernel Corn, Brussels Sprouts, Dinner Roll & Banana </div>	<div>12</div> <div> A) Salisbury Beef w/Brown Gravy OR B) Ham with Raisin Sauce Whipped Potatoes, Glazed Carrots, Wheat Bread & Chocolate Chip Cookie </div>	<div>13</div> <div> A) Chef Salad OR B) Grilled Chicken Salad Diced Peaches, Green Pea Salad, Club Crackers & Italian Salad Dressing </div>	<div>14</div> <div> A) Turkey Breast w/Gravy OR B) Beef w/Mushroom Gravy Rice Florentine, Mixed Veggies, Texas Bread & Fruited Strawberry Gelatin </div>
<div>15</div> <div> A) Potato Crusted Pollock OR B) Herbed Pork Loin Parslied Rice, Mixed Veggies, Dinner Roll & Fresh Fruit </div>	<div>16</div> <div> A) Beef Frito Pie OR B) Chkn Quesadilla Casserole Hominy, Green Beans, Corn Chips & Banana </div>	<div>17</div> <div> A) Baked Chicken w/Country Gravy OR B) Beef Meatballs w/Gravy Black-eyed Peas, Country Tomatoes, Cornbread & Nutty Buddy Bar </div>	<div>18</div> <div> A) Sloppy Joe OR B) Diced BBQ Chicken Oven Roasted Potatoes, Parslied Carrots, Hamburger Bun & Fruited Cherry Gelatin </div>	<div>19</div> <div> A) Three Cheese Ziti OR B) Italian Beef & Macaroni Italian Herbed Broccoli, Cauliflower, Wheat Bread & Cinnamon Sugar Cookie </div>
<div>20</div> <div> A) Dijon Beef Meatballs OR B) Sweet Thai Chili Chkn Meatballs Corn, Brussels Sprouts, Dinner Roll & Fresh Fruit </div>	<div>21</div> <div> A) Turkey Rice Casserole OR B) Pizza Casserole Broccoli, Diced Beets, Texas Bread & Oreo Vanilla Pudding </div>	<div>22</div>	<div>23</div>	<div>24</div>

Once-A-Week

<div>01</div> <div> OFFICE CLOSED Dijon Beef Meatballs </div>	<div>02</div> <div> Turkey Rice Casserole </div>	<div>03</div> <div> Spinach Chicken </div>	<div>04</div> <div> Hamburger Patty </div>	<div>05</div> <div> Spaghetti Torte </div>
<div>06</div> <div> Orange Chkn Over Fried Rice </div>	<div>07</div> <div> Beef Taco </div>	<div>08</div> <div> BBQ Pork Rib Patty </div>	<div>09</div> <div> Chicken Enchilada Bake </div>	<div>10</div> <div> Beef Meatballs w/Brown Gravy </div>
<div>11</div> <div> Cheese Omelet </div>	<div>12</div> <div> Turkey Mac & Cheese </div>	<div>13</div> <div> Beef Enchilada Pie </div>	<div>14</div> <div> Tomato Basil Chicken </div>	<div>15</div> <div> Hamburger Patty </div>
<div>16</div> <div> Mozzarella Chicken Meatballs </div>	<div>17</div> <div> Beef Picadillo </div>	<div>18</div> <div> Turkey Pasta Bolognese </div>	<div>19</div> <div> Breaded Chicken Tenders </div>	<div>20</div> <div> Oven Fried Pork Chop with Gravy </div>
<div>21</div> <div> Meatloaf with Brown Gravy </div>	<div>22</div> <div> Hamburger Patty </div>	<div>23</div> <div> Turkey Mac & Cheese </div>	<div>24</div> <div> Chicken Alfredo </div>	<div>25</div> <div> Swedish Beef Meatballs </div>

Vegetarian

OFFICE CLOSED	⁰¹	⁰²	⁰³	⁰⁴	⁰⁵
		Cheese Manicotti & Alfredo	Cheese Ravioli & Spinach	Southwest Casserole	Red Beans, Chickpeas & Rice
Cheese Pizza	⁰⁸	⁰⁹	¹⁰	¹¹	¹²
		Fried Egg Patties	Macaroni & Cheese	Florentine Stuffed Shells	Cheese Omelet & Salsa
Huevos Rancheros	¹⁵	¹⁶	¹⁷	¹⁸	¹⁹
		Cheese Manicotti & Alfredo	Cheese Ravioli & Spinach	Southwest Casserole	Red Beans, Chickpeas & Rice
Cheese Pizza	²²	²³	²⁴	²⁵	²⁶
		Fried Egg Patties	Macaroni & Cheese	Florentine Stuffed Shells	Cheese Omelet & Salsa
Huevos Rancheros	²⁹	³⁰	⁰¹	⁰²	⁰³
		Cheese Manicotti & Alfredo	Cheese Ravioli & Spinach	Southwest Casserole	Red Beans, Chickpeas & Rice

High Calorie, High Protein

**These are Medically Tailored Meals that require a Doctor's Note*

OFFICE CLOSED	⁰¹	⁰²	⁰³	⁰⁴	⁰⁵
		Chicken Noodle Casserole	Breakfast Burrito w/Salsa	Chkn Tenders over Orange Rice	Pepper & Beef Patty w/Gravy
Chicken & Dumplings	⁰⁸	⁰⁹	¹⁰	¹¹	¹²
		Sausage w/Mac & Cheese	Meatballs w/ Rice & Gravy	Creamy Breaded Chicken	Cheese Pizza
Cilantro Lime Meatballs	¹⁵	¹⁶	¹⁷	¹⁸	¹⁹
		Chicken Noodle Casserole	Breakfast Burrito w/Salsa	Chkn Tenders over Orange Rice	Pepper & Beef Patty w/Gravy
Chicken & Dumplings	²²	²³	²⁴	²⁵	²⁶
		Sausage w/Mac & Cheese	Meatballs w/ Rice & Gravy	Creamy Breaded Chicken	Cheese Pizza
Cilantro Lime Meatballs	²⁹	³⁰	⁰¹	⁰²	⁰³
		Chicken Noodle Casserole	Breakfast Burrito w/Salsa	Chkn Tenders over Orange Rice	Pepper & Beef Patty w/Gravy

Obesity, Diabetic, Cardiac

**These are Medically Tailored Meals that require a Doctor's Note*

OFFICE CLOSED	⁰¹	⁰²	⁰³	⁰⁴	⁰⁵
		Pizzaiola Pork	Breaded Pollock	Beef Patty w/Horseradish	Chicken Patty w/Rice
Chicken Chili with Beans	⁰⁸	⁰⁹	¹⁰	¹¹	¹²
		Chipotle Meatloaf	Chimichurri Chicken	Pork Patty & Gravy	Chicken Florentine Rice
Salisbury Steak	¹⁵	¹⁶	¹⁷	¹⁸	¹⁹
		Pizzaiola Pork	Breaded Pollock	Beef Patty w/Horseradish	Chicken Patty w/Rice
Chicken Chili with Beans	²²	²³	²⁴	²⁵	²⁶
		Chipotle Meatloaf	Chimichurri Chicken	Pork Patty & Gravy	Chicken Florentine Rice
Salisbury Steak	²⁹	³⁰	⁰¹	⁰²	⁰³
		Pizzaiola Pork	Breaded Pollock	Beef Patty w/Horseradish	Chicken Patty w/Rice

Renal

**These are Medically Tailored Meals that require a Doctor's Note*

OFFICE CLOSED	⁰¹	⁰²	⁰³	⁰⁴	⁰⁵
		Chipotle Meatloaf	Turkey Meatloaf w/Sauce	Sausage Patties	Cheese Omelet & Salsa
Breaded Pollock with Sauce	⁰⁸	⁰⁹	¹⁰	¹¹	¹²
		Fried Egg Patties	Pork Patty w/ Pizzaiola Sauce	Salisbury Steak	Breakfast Scramble
BBQ Chicken	¹⁵	¹⁶	¹⁷	¹⁸	¹⁹
		Chipotle Meatloaf	Turkey Meatloaf w/Sauce	Sausage Patties	Cheese Omelet & Salsa
Breaded Pollock with Sauce	²²	²³	²⁴	²⁵	²⁶
		Fried Egg Patties	Pork Patty w/ Pizzaiola Sauce	Salisbury Steak	Breakfast Scramble
BBQ Chicken	²⁹	³⁰	⁰¹	⁰²	⁰³
		Chipotle Meatloaf	Turkey Meatloaf w/Sauce	Sausage Patties	Cheese Omelet & Salsa