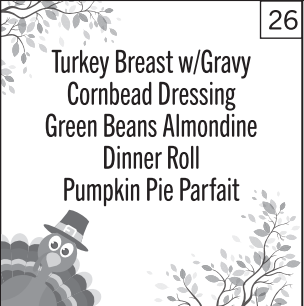


**NOVEMBER 2025**

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](http://www.mownct.org/cancel-my-meal)
*This menu is based on product availability, substitutions may be made.*
**Choice A/B**

|                                                                                                                                                          |                                                                                                                                                   |                                                                                                                                                                                               |                                                                                                                                                                    |                                                                                                                                                                        |
|----------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>A) Italian Shells &amp; Cheese</b><br><b>OR</b><br><b>B) Chicken Alfredo</b><br>Broccoli, Diced Beets,<br>Multigrain Bread<br>& Chocolate Chip Cookie | <b>A) Cajun Pollock</b><br><b>OR</b><br><b>B) Tuscan Pork Roast</b><br>Chili Beans, Cauliflower,<br>& Fresh Fruit                                 | <b>A) Sausage w/Onion &amp; Peppers</b><br><b>OR</b><br><b>B) All Beef Hot Dog</b><br>Ranch Beans, Tangy Slaw,<br>Hot Dog Bun &<br>Peach Cobbler                                              | <b>A) Korean BBQ Chicken</b><br><b>OR</b><br><b>B) Soy Ginger Beef</b><br>Jasmine Rice, Green Peas,<br>& Lemon Pudding                                             | <b>A) Stuffed Potato Soup</b><br><b>OR</b><br><b>B) Broccoli Cheese Soup</b><br>Lemon Pepper Brussels<br>Sprouts, Sliced Carrots,<br>Saltine Crackers &<br>Fresh Fruit |
| <b>A) Turkey Swiss Melt</b><br><b>OR</b><br><b>B) Roast Beef w/Gravy</b><br>Whole Kernel Corn, Parslied<br>Carrots, Texas Bread &<br>Cherry Craisins     | <b>A) Horseradish Beef Meatballs</b><br><b>OR</b><br><b>B) Honey Mustard Chicken</b><br>Couscous, Garlic Spinach,<br>Wheat Bread &<br>Fresh Fruit | <b>A) Chicken Tenders w/Gravy</b><br><b>OR</b><br><b>B) Steak Fingers w/Country Gravy</b><br>Whipped Potatoes w/Skins,<br>Herbed Green Beans,<br>Multigrain Bread &<br>Cinnamon Sugar Cookie  | <b>A) Cheese Enchiladas w/ Enchilada Sauce</b><br><b>OR</b><br><b>B) Chicken Enchiladas w/ SW Ancho Lime Sauce</b><br>Spanish Rice, Black Beans,<br>& Lime Gelatin | <b>A) Cuban Shredded Pork</b><br><b>OR</b><br><b>B) Hawaiian Chicken</b><br>Tater Tot Casserole,<br>Mixed Veggies, Hamburger Bun<br>& Fresh Fruit                      |
| <b>A) Chicken Pot Pie</b><br><b>OR</b><br><b>B) Cheesy Beef Macaroni</b><br>Lentils, Country Tomatoes,<br>& Chocolate Mousse                             | <b>A) Sloppy Joe</b><br><b>OR</b><br><b>B) BBQ Pork Rib Patty</b><br>Oven Roasted Potatoes,<br>Honey Herbed Carrots,<br>Hamburger Bun &<br>Banana | <b>A) Loaded Potato Casserole</b><br><b>OR</b><br><b>B) Tuna Bowtie Casserole</b><br>Whole Kernel Corn, Broccoli,<br>Wheat Bread &<br>Fruited Orange Gelatin                                  | <b>A) BBQ Chicken</b><br><b>OR</b><br><b>B) Homestyle Pork Roast</b><br>Baked Beans, Medley<br>Cabbage, Dinner Roll<br>& Carnival Cookie                           | <b>A) Swiss Steak</b><br><b>OR</b><br><b>B) Swedish Chicken Meatballs</b><br>Parslied Rice, Spring<br>Veggies, Texas Bread<br>& Fresh Fruit                            |
| <b>A) Turkey Tetrazzini</b><br><b>OR</b><br><b>B) Spinach Mac &amp; Cheese</b><br>Green Beans, Glazed Carrots,<br>Multigrain Bread<br>& Brownie Cookie   | <b>A) Kielbasa Sausage</b><br><b>OR</b><br><b>B) Cajun Meatloaf</b><br>Red Beans & Rice, Zucchini &<br>Tomatoes, Wheat Bread<br>& Banana          |  Turkey Breast w/Gravy<br>Cornbead Dressing<br>Green Beans Almondine<br>Dinner Roll<br>Pumpkin Pie Parfait | OFFICE CLOSED<br> HAPPY<br>THANKSGIVING                                        | OFFICE CLOSED                                                                                                                                                          |

*This menu is based on product availability, substitutions may be made.*
**Once-A-Week**

|                         |                            |                           |                                      |                              |
|-------------------------|----------------------------|---------------------------|--------------------------------------|------------------------------|
| Citrus Mojo Chicken     | Marsala Beef Meatballs     | Oven Fried Pork Chop      | Meatloaf w/Tomato Gravy              | King Ranch Chicken Casserole |
| Italian Shells & Cheese | Cajun Pollock              | Sausage w/Onion & Peppers | Korean BBQ Chicken                   | Stuffed Potato Soup          |
| Turkey Swiss Melt       | Horseradish Beef Meatballs | Chicken Tenders w/Gravy   | Cheese Enchiladas w/ Enchilada Sauce | Cuban Shredded Pork          |
| Chicken Pot Pie         | Sloppy Joe                 | Loaded Potato Casserole   | OFFICE CLOSED<br>BBQ Chicken         | OFFICE CLOSED<br>Swiss Steak |

## Vegetarian

|                  |    |                            |    |                          |    |                           |    |                             |    |
|------------------|----|----------------------------|----|--------------------------|----|---------------------------|----|-----------------------------|----|
| Cheese Pizza     | 03 | Fried Egg Patties          | 04 | Macaroni & Cheese        | 05 | Florentine Stuffed Shells | 06 | Cheese Omelet & Salsa       | 07 |
| Huevos Rancheros | 10 | Cheese Manicotti & Alfredo | 11 | Cheese Ravioli & Spinach | 12 | Southwest Casserole       | 13 | Red Beans, Chickpeas & Rice | 14 |
| Cheese Pizza     | 17 | Fried Egg Patties          | 18 | Macaroni & Cheese        | 19 | Florentine Stuffed Shells | 20 | Cheese Omelet & Salsa       | 21 |
| Huevos Rancheros | 24 | Cheese Manicotti & Alfredo | 25 | Cheese Ravioli & Spinach | 26 | OFFICE CLOSED             | 27 | OFFICE CLOSED               | 28 |
|                  |    |                            |    |                          |    | Southwest Casserole       |    | Red Beans, Chickpeas & Rice |    |

## High Calorie, High Protein

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

|                         |    |                          |    |                           |    |                               |    |                             |    |
|-------------------------|----|--------------------------|----|---------------------------|----|-------------------------------|----|-----------------------------|----|
| Chicken & Dumplings     | 03 | Sausage w/Mac & Cheese   | 04 | Meatballs w/ Rice & Gravy | 05 | Creamy Breaded Chicken        | 06 | Cheese Pizza                | 07 |
| Cilantro Lime Meatballs | 10 | Chicken Noodle Casserole | 11 | Breakfast Burrito w/Salsa | 12 | Chkn Tenders over Orange Rice | 13 | Pepper & Beef Patty w/Gravy | 14 |
| Chicken & Dumplings     | 17 | Sausage w/Mac & Cheese   | 18 | Meatballs w/ Rice & Gravy | 19 | Creamy Breaded Chicken        | 20 | Cheese Pizza                | 21 |
| Cilantro Lime Meatballs | 24 | Chicken Noodle Casserole | 25 | Breakfast Burrito w/Salsa | 26 | OFFICE CLOSED                 | 27 | OFFICE CLOSED               | 28 |
|                         |    |                          |    |                           |    | Chkn Tenders over Orange Rice |    | Pepper & Beef Patty w/Gravy |    |

## Obesity, Diabetic, Cardiac

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

|                          |    |                   |    |                     |    |                          |    |                         |    |
|--------------------------|----|-------------------|----|---------------------|----|--------------------------|----|-------------------------|----|
| Chicken Chili with Beans | 03 | Chipotle Meatloaf | 04 | Chimichurri Chicken | 05 | Pork Patty & Gravy       | 06 | Chicken Florentine Rice | 07 |
| Salisbury Steak          | 10 | Pizzaiola Pork    | 11 | Breaded Pollock     | 12 | Beef Patty w/Horseradish | 13 | Chicken Patty w/Rice    | 14 |
| Chicken Chili with Beans | 17 | Chipotle Meatloaf | 18 | Chimichurri Chicken | 19 | Pork Patty & Gravy       | 20 | Chicken Florentine Rice | 21 |
| Salisbury Steak          | 24 | Pizzaiola Pork    | 25 | Breaded Pollock     | 26 | OFFICE CLOSED            | 27 | OFFICE CLOSED           | 28 |
|                          |    |                   |    |                     |    | Beef Patty w/Horseradish |    | Chicken Patty w/Rice    |    |

## Renal

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

|                            |    |                   |    |                               |    |                 |    |                       |    |
|----------------------------|----|-------------------|----|-------------------------------|----|-----------------|----|-----------------------|----|
| Breaded Pollock with Sauce | 06 | Fried Egg Patties | 07 | Pork Patty w/ Pizzaiola Sauce | 08 | Salisbury Steak | 09 | Breakfast Scramble    | 10 |
| BBQ Chicken                | 13 | Chipotle Meatloaf | 14 | Turkey Meatloaf w/Sauce       | 15 | Sausage Patties | 16 | Cheese Omelet & Salsa | 17 |
| Breaded Pollock with Sauce | 20 | Fried Egg Patties | 21 | Pork Patty w/ Pizzaiola Sauce | 22 | Salisbury Steak | 23 | Breakfast Scramble    | 24 |
| BBQ Chicken                | 27 | Chipotle Meatloaf | 28 | Turkey Meatloaf w/Sauce       | 29 | OFFICE CLOSED   | 30 | OFFICE CLOSED         | 31 |
|                            |    |                   |    |                               |    | Sausage Patties |    | Cheese Omelet & Salsa |    |