

**JANUARY 2026**

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)
**Choice A/B**
*This menu is based on product availability, substitutions may be made.*

			<b>HAPPY NEW YEAR</b> <i>Office Closed</i>	<b>A) Swiss Steak</b> <b>OR</b> <b>B) Swedish Chicken Meatballs</b>  Parslied Rice, Spring Veggies, Texas Bread & Fresh Fruit
<b>A) Horseradish Beef</b> <b>OR</b> <b>B) Chicken Meatballs w/Gravy</b> Whipped Potatoes, Honey Herbed Carrots, Wheat Bread, & Oatmeal Apple Square	<b>A) Southwest Ancho Lime Chicken</b> <b>OR</b> <b>B) Beef w/Peppered Gravy</b> Charro Beans, Garden Veggies, Texas Bread, & Fresh Fruit	<b>A) Brown Sugar Glazed Pork Loin</b> <b>OR</b> <b>B) White Bean Chili</b> Parslied Rice, Brussels Sprouts, Dinner Roll, & Orange Gelatin	<b>A) Turkey Pot Pie</b> <b>OR</b> <b>B) Beef Shepherd's Pie</b> Broccoli, Orange Beets, & Carmel Brownie	<b>A) Eggplant Parmesan</b> <b>OR</b> <b>B) Chicken Parmesan</b> Rotini Noodles, Herbed Green Beans, Wheat Bread, & Fresh Fruit
<b>A) Chicken Etouffee</b> <b>OR</b> <b>B) Sausage Gumbo</b> Country Tomatoes, Mixed Greens, Texas Bread, & Fresh Fruit	<b>A) Sloppy Joe</b> <b>OR</b> <b>B) Lentil Sloppy Joe</b> Oven Roasted Potatoes, Mixed Veggies, Hamburger Bun, & Chocolate Chip Cookie	<b>A) Korean BBQ Chicken</b> <b>OR</b> <b>B) Sesame Pork Chop</b> Herbed Basmati Rice, Cauliflower, Dinner Roll, & Fruited Lemon Gelatin	<b>A) Pork Carnitas</b> <b>OR</b> <b>B) Turkey Taco</b> Lettuce & Tomato, Pinto Beans, Flour Tortillas, & Hot Cinnamon Applesauce	<b>A) Mushroom Chopped Steak</b> <b>OR</b> <b>B) Lemon Pepper Pollock</b> Whipped Potatoes, Peas & Carrots, Wheat Bread, & Fresh Fruit
<b>MARTIN LUTHER KING, JR. DAY</b>  <i>Office Closed</i>	<b>A) Garlic Marsala Chicken</b> <b>OR</b> <b>B) Alfredo Veggie Meatballs</b> Pasta Florentine, Glazed Carrots, Garlic Breadstick, & Fresh Fruit	<b>A) Potato Crusted Pollock</b> <b>OR</b> <b>B) Honey Mustard Chicken</b> Confetti Rice, Brussels Sprouts, Wheat Bread, & Oatmeal Raisin Cookie	<b>A) Polish Sausage w/Sauerkraut</b> <b>OR</b> <b>B) Beef Hot Dog</b> Ranch Beans, Cauliflower, Hot Dog Bun, & Peach Whip	<b>A) Bean Tamale Pie</b> <b>OR</b> <b>B) Beef Enchilada Pie</b> Cilantro Lime Corn, Spring Veggies, & Fresh Banana
<b>A) Salisbury Beef w/Gravy</b> <b>OR</b> <b>B) Tarragon Chicken</b> Black-Eyed Peas, Garden Veggies, Texas Bread, & Oreo Brownie	<b>A) Honey Ginger Pork Loin</b> <b>OR</b> <b>B) Beef and Broccoli</b> Jasmine Rice, Scalloped Cabbage, Texas Bread, & Fresh Fruit	<b>A) Chicken Fajita</b> <b>OR</b> <b>B) Fajita Fish Taco</b> Lettuce & Tomato, Black Beans, Flour Tortillas, Taco Sauce & Bread Pudding	<b>A) Rosemary Turkey Breast</b> <b>OR</b> <b>B) BBQ Pork Chop</b> Mac & Cheese, Broccoli, Wheat Bread, & Red Velvet Cake	<b>A) Creole Tilapia</b> <b>OR</b> <b>B) Creole Beef</b> Lima Beans, Okra & Tomatoes, Cornbread, & Fresh Fruit

**Vegetarian**
*This menu is based on product availability, substitutions may be made. Sides same as above.*

Cheese Pizza	Fried Egg Patties	Macaroni & Cheese	Florentine Stuffed Shells <i>Office Closed</i>	Cheese Omelet & Salsa
Broccoli Cheese Bake	Cheese Enchiladas w/Enchilada Sauce	White Bean Chili	Vegetarian Pot Pie	Eggplant Parmesan
Vegetable Cajun Gumbo	Lentil Sloppy Joe	Lemony Chickpea Stir Fry	Vegetarian Taco	Cheese Omelet
White Bean Chili <i>Office Closed</i>	Alfredo Veggie Meatballs	Six Bean Stew	Gardenburger	Bean Tamale Pie
Spaghetti Torte	Tofu Curry	Vegetarian Taco	Mac & Cheese	Veggie Sausage Patties

**Allergen Disclaimer:** Meals prepared in this kitchen may contain or come into contact with tree nuts, sesame, peanuts, soy, eggs, milk, fish, crustacean shellfish, wheat, and gluten-containing products. Despite precautions, cross-contact may occur. We cannot guarantee meals are allergen-free.

## Mighty Meals

*This menu is based on product availability, substitutions may be made.*

Italian Shells & Cheese <sup>29</sup>	Cajun Pollock <sup>30</sup>	Sausage w/Peppers & Onions <sup>31</sup>	Korean BBQ Chicken <sup>01</sup> <i>Office Closed</i>	Stuffed Potato Soup <sup>02</sup>
Turkey Swiss Melt <sup>05</sup>	Honey Glazed Ham <sup>06</sup>	Chicken Tenders w/Gravy <sup>07</sup>	Cheese Enchiladas w/Enchilada Sauce <sup>08</sup>	Cuban Shredded Pork <sup>09</sup>
Chicken Pot Pie <sup>12</sup>	Sloppy Joe <sup>13</sup>	Loaded Potato Casserole <sup>14</sup>	BBQ Chicken <sup>15</sup>	Swiss Steak <sup>16</sup>
Horseradish Beef <sup>19</sup> <i>Office Closed</i>	SW Ancho Lime Chicken <sup>20</sup>	Brown Sugar Glazed Pork Loin <sup>21</sup>	Turkey Pot Pie <sup>22</sup>	Eggplant Parmesan <sup>23</sup>
Chicken Etouffee <sup>26</sup>	Sloppy Joe <sup>27</sup>	Korean BBQ Chicken <sup>28</sup>	Pork Carnitas <sup>29</sup>	Mushroom Chopped Steak <sup>30</sup>

## Mighty Strong - High Calorie, High Protein

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

Chicken & Dumplings <sup>29</sup>	Sausage w/Mac & Cheese <sup>30</sup>	Meatballs w/ Rice & Gravy <sup>31</sup>	Creamy Breaded Chicken <sup>01</sup> <i>Office Closed</i>	Cheese Pizza <sup>02</sup>
Cilantro Lime Meatballs <sup>05</sup>	Chicken Noodle Casserole <sup>06</sup>	Breakfast Burrito w/Salsa <sup>07</sup>	Chkn Tenders over Orange Rice <sup>08</sup>	Pepper & Beef Patty w/Gravy <sup>09</sup>
Chicken & Dumplings <sup>12</sup>	Sausage w/Mac & Cheese <sup>13</sup>	Meatballs w/ Rice & Gravy <sup>14</sup>	Creamy Breaded Chicken <sup>15</sup>	Cheese Pizza <sup>16</sup>
Cilantro Lime Meatballs <sup>19</sup> <i>Office Closed</i>	Chicken Noodle Casserole <sup>20</sup>	Breakfast Burrito w/Salsa <sup>21</sup>	Chkn Tenders over Orange Rice <sup>22</sup>	Pepper & Beef Patty w/Gravy <sup>23</sup>
Chicken & Dumplings <sup>26</sup>	Sausage w/Mac & Cheese <sup>27</sup>	Meatballs w/ Rice & Gravy <sup>28</sup>	Creamy Breaded Chicken <sup>29</sup>	Cheese Pizza <sup>30</sup>

## Mighty Healthy - Obesity, Diabetic, Cardiac

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

Chicken Chili with Beans <sup>29</sup>	Chipotle Meatloaf <sup>30</sup>	Chimichurri Chicken <sup>31</sup>	Pork Patty & Gravy <sup>01</sup> <i>Office Closed</i>	Chicken Florentine Rice <sup>02</sup>
Salisbury Steak <sup>05</sup>	Pizzaiola Pork <sup>06</sup>	Breaded Pollock <sup>07</sup>	Beef Patty w/Horseradish <sup>08</sup>	Chicken Patty w/Rice <sup>09</sup>
Chicken Chili with Beans <sup>12</sup>	Chipotle Meatloaf <sup>13</sup>	Chimichurri Chicken <sup>14</sup>	Pork Patty & Gravy <sup>15</sup>	Chicken Florentine Rice <sup>16</sup>
Salisbury Steak <sup>19</sup> <i>Office Closed</i>	Pizzaiola Pork <sup>20</sup>	Breaded Pollock <sup>21</sup>	Beef Patty w/Horseradish <sup>22</sup>	Chicken Patty w/Rice <sup>23</sup>
Chicken Chili with Beans <sup>26</sup>	Chipotle Meatloaf <sup>27</sup>	Chimichurri Chicken <sup>28</sup>	Pork Patty & Gravy <sup>29</sup>	Chicken Florentine Rice <sup>30</sup>

## Mighty Well - Renal

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

Breaded Pollock with Sauce <sup>29</sup>	Fried Egg Patties <sup>30</sup>	Pork Patty w/ Pizzaiola Sauce <sup>31</sup>	Salisbury Steak <sup>01</sup> <i>Office Closed</i>	Breakfast Scramble <sup>02</sup>
BBQ Chicken <sup>05</sup>	Chipotle Meatloaf <sup>06</sup>	Turkey Meatloaf w/Sauce <sup>07</sup>	Sausage Patties <sup>08</sup>	Cheese Omelet & Salsa <sup>09</sup>
Breaded Pollock with Sauce <sup>12</sup>	Fried Egg Patties <sup>13</sup>	Pork Patty w/ Pizzaiola Sauce <sup>14</sup>	Salisbury Steak <sup>15</sup>	Breakfast Scramble <sup>16</sup>
BBQ Chicken <sup>19</sup> <i>Office Closed</i>	Chipotle Meatloaf <sup>20</sup>	Turkey Meatloaf w/Sauce <sup>21</sup>	Sausage Patties <sup>22</sup>	Cheese Omelet & Salsa <sup>23</sup>
Breaded Pollock with Sauce <sup>26</sup>	Fried Egg Patties <sup>27</sup>	Pork Patty w/ Pizzaiola Sauce <sup>28</sup>	Salisbury Steak <sup>29</sup>	Breakfast Scramble <sup>30</sup>