

**MAY 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>A) Sliced Turkey with Gravy</b> <b>OR</b> <b>B) Glazed Ham</b>  Lima Beans, Parmesan Tomatoes, Texas Bread, & Fresh Banana
<b>A) Chicken Stir Fry</b> <b>OR</b> <b>B) Pork Chow Mein</b>  Basmati Rice, Chinese Cabbage, & Almond Cookie	<b>A) Steakhouse Beef</b> <b>OR</b> <b>B) Turkey &amp; White Beans</b>  Whipped Potatoes w/Skins, Green Beans w/Red Peppers, Wheat Bread, & Fresh Fruit	<b>A) Citrus Baked Pollock</b> <b>OR</b> <b>B) Alfredo Dill Chicken Meatballs</b>  Herbed Rice, Sliced Carrots, & Coconut Pecan Bar	<b>A) Hamburger Patty</b> <b>OR</b> <b>B) Country Breaded Chicken</b>  Lettuce/Tomato/Onion, Baked Beans, Hamburger Bun, & Hot Cinnamon Applesauce	<b>MOTHER'S DAY</b> Creamy Wine Chicken Confetti Rice Mixed Veggies Dinner Roll Strawberry Glazed Cake
<b>A) Sausage w/Onions &amp; Peppers</b> <b>OR</b> <b>B) Buffalo Chicken</b>  Ranch Beans, Glazed Carrots, Texas Bread, & Pineapple Tidbits	<b>A) Chicken Gumbo</b> <b>OR</b> <b>B) Creole Meatloaf</b>  Cajun Rice, Brussels Sprouts, Wheat Bread, & Fresh Fruit	<b>A) Italian Shells &amp; Cheese</b> <b>OR</b> <b>B) Beef Chili Macaroni</b>  Cauliflower, Green Beans, Dinner Roll, & Berry Vanilla Pudding	<b>A) Cranberry Chicken Salad</b> <b>OR</b> <b>B) Seafood Macaroni Salad</b>  Vegetable Couscous Salad, Cold Pickled Beets, & Bran Muffin	<b>A) Mushroom Beef</b> <b>OR</b> <b>B) Mushroom Pork Loin</b>  Black-Eyed Peas, Turnip Greens, Cornbread, & Fresh Fruit
<b>A) Oven Fried Chicken</b> <b>OR</b> <b>B) Potato Crusted Pollock</b>  Chuckwagon Corn, Spinach, Dinner Roll, & Oatmeal Raisin Cookie	<b>A) Beef Meatballs w/Sauce Robert</b> <b>OR</b> <b>B) Pesto Chicken</b>  Lemon Rice, Herbed Green Beans, Wheat Bread, & Fresh Fruit	<b>A) Cheese Omelet</b> <b>OR</b> <b>B) Breakfast Casserole</b>  Seasoned Black Beans, Stewed Tomatoes, & Whole Grain Blueberry Muffin	<b>A) Tuna Macaroni Salad</b> <b>OR</b> <b>B) Egg Salad</b>  Black-Eyed Pea Salad, Cucumber & Tomato Salad, Club Crackers, & Fresh Fruit	<b>MEMORIAL DAY</b> Sausage Baked Beans Coleslaw Hot Dog Bun Peach Cobbler
CLOSED FOR MEMORIAL DAY	<b>A) Lemon Pepper Pollock</b> <b>OR</b> <b>B) Sweet &amp; Sour Chicken</b>  Turmeric Brown Rice, Broccoli, Dinner Roll, & Fresh Fruit	<b>A) Chicken Divan</b> <b>OR</b> <b>B) Beef Pasta Bolognese</b>  Brussels Sprouts, Orange Glazed Carrots, Texas Bread, & Lemon Pudding	<b>A) Herbed Pork Loin</b> <b>OR</b> <b>B) Roast Beef w/Gravy</b>  Lima Beans, Okra & Tomatoes, Corn Bread, & Chocolate Chip Cookie	<b>A) Turkey Rice Casserole</b> <b>OR</b> <b>B) Spinach Macaroni &amp; Cheese</b>  Green Peas, Garlic Parmesan Cauliflower, & Fresh Banana

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

Cheese Enchiladas w/Sauce	Broccoli Cheese Bake	Dill Veggie Meatballs	Six Bean Stew	Corn Chowder
Broccoli Chickpea Curry	White Bean Chili	Vegetable Cajun Gumbo	Black Bean Burger	Creamy Wine Veggie Meatballs
Veggie Potato Stew	Vegetable Shepherd's Pie	Italian Shells & Cheese	Egg Salad	Smothered Veggie Meatballs
Mixed Bean Chili	Six Bean Stew	Cheese Omelet	Egg Salad	Lentil Sloppy Joe
Eggplant Parmesan CLOSED FOR MEMORIAL DAY	Lemony Chickpea Stir Fry	Spaghetti Torte	Barley Chili	Spinach Mac & Cheese

**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.*

Swiss Steak <sup>27</sup>	Lemon Pepper Pollock <sup>28</sup>	Chicken Divan <sup>29</sup>	Herbed Pork Loin <sup>30</sup>	Turkey Rice Casserole <sup>01</sup>
Tarragon Chicken <sup>04</sup>	Pork Chop w/Brown Gravy <sup>05</sup>	Beef Chili w/Beans <sup>06</sup>	Turkey Pastrami <sup>07</sup>	Sausage Jambalaya <sup>08</sup>
Cheese Enchiladas w/Sauce <sup>11</sup>	Chicken Tetrazzini <sup>12</sup>	Southwest Ancho Beef Meatballs <sup>13</sup>	Cider Mustard Pork Loin <sup>14</sup>	Sliced Turkey Breast w/Gravy <sup>15</sup>
Chicken Stir Fry <sup>18</sup>	Steakhouse Beef <sup>19</sup>	Citrus Baked Pollock <sup>20</sup>	Hamburger Patty <sup>21</sup>	Creamy Wine Chicken <sup>22</sup>
Sausage w/Onions & Peppers CLOSED FOR MEMORIAL DAY <sup>25</sup>	Chicken Gumbo <sup>26</sup>	Italian Shells & Cheese <sup>27</sup>	Chicken Couscous Casserole <sup>28</sup>	Mushroom Beef <sup>29</sup>

## Mighty Strong - High Calorie, High Protein

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

Cilantro Lime Meatballs <sup>27</sup>	Chicken Noodle Casserole <sup>28</sup>	Breakfast Burrito w/Salsa <sup>29</sup>	Chkn Tenders over Orange Rice <sup>30</sup>	Pepper & Beef Patty w/Gravy <sup>01</sup>
Chicken & Dumplings <sup>04</sup>	Sausage w/Mac & Cheese <sup>05</sup>	Meatballs w/ Rice & Gravy <sup>06</sup>	Creamy Breaded Chicken <sup>07</sup>	Cheese Pizza <sup>08</sup>
Cilantro Lime Meatballs <sup>11</sup>	Chicken Noodle Casserole <sup>12</sup>	Breakfast Burrito w/Salsa <sup>13</sup>	Chkn Tenders over Orange Rice <sup>14</sup>	Pepper & Beef Patty w/Gravy <sup>15</sup>
Chicken & Dumplings <sup>18</sup>	Sausage w/Mac & Cheese <sup>19</sup>	Meatballs w/ Rice & Gravy <sup>20</sup>	Creamy Breaded Chicken <sup>21</sup>	Cheese Pizza <sup>22</sup>
Cilantro Lime Meatballs CLOSED FOR MEMORIAL DAY <sup>25</sup>	Chicken Noodle Casserole <sup>26</sup>	Breakfast Burrito w/Salsa <sup>27</sup>	Chkn Tenders over Orange Rice <sup>28</sup>	Pepper & Beef Patty w/Gravy <sup>29</sup>

## Mighty Healthy - Obesity, Diabetic, Cardiac

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

Salisbury Steak <sup>27</sup>	Pizzaiola Pork <sup>28</sup>	Breaded Pollock <sup>29</sup>	Beef Patty w/Horseradish <sup>30</sup>	Chicken Patty w/Rice <sup>01</sup>
Chicken Chili with Beans <sup>04</sup>	Chipotle Meatloaf <sup>05</sup>	Chimichurri Chicken <sup>06</sup>	Pork Patty & Gravy <sup>07</sup>	Chicken Florentine Rice <sup>08</sup>
Salisbury Steak <sup>11</sup>	Pizzaiola Pork <sup>12</sup>	Breaded Pollock <sup>13</sup>	Beef Patty w/Horseradish <sup>14</sup>	Chicken Patty w/Rice <sup>15</sup>
Chicken Chili with Beans <sup>18</sup>	Chipotle Meatloaf <sup>19</sup>	Chimichurri Chicken <sup>20</sup>	Pork Patty & Gravy <sup>21</sup>	Chicken Florentine Rice <sup>22</sup>
Salisbury Steak CLOSED FOR MEMORIAL DAY <sup>25</sup>	Pizzaiola Pork <sup>26</sup>	Breaded Pollock <sup>27</sup>	Beef Patty w/Horseradish <sup>28</sup>	Chicken Patty w/Rice <sup>29</sup>

## Mighty Well - Renal

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

BBQ Chicken <sup>27</sup>	Chipotle Meatloaf <sup>28</sup>	Turkey Meatloaf w/Sauce <sup>29</sup>	Sausage Patties <sup>30</sup>	Cheese Omelet & Salsa <sup>01</sup>
Breaded Pollock with Sauce <sup>04</sup>	Fried Egg Patties <sup>05</sup>	Pork Patty w/ Pizzaiola Sauce <sup>06</sup>	Salisbury Steak <sup>07</sup>	Breakfast Scramble <sup>08</sup>
BBQ Chicken <sup>11</sup>	Chipotle Meatloaf <sup>12</sup>	Turkey Meatloaf w/Sauce <sup>13</sup>	Sausage Patties <sup>14</sup>	Cheese Omelet & Salsa <sup>15</sup>
Breaded Pollock with Sauce <sup>18</sup>	Fried Egg Patties <sup>19</sup>	Pork Patty w/ Pizzaiola Sauce <sup>20</sup>	Salisbury Steak <sup>21</sup>	Breakfast Scramble <sup>22</sup>
BBQ Chicken CLOSED FOR MEMORIAL DAY <sup>25</sup>	Chipotle Meatloaf <sup>26</sup>	Turkey Meatloaf w/Sauce <sup>27</sup>	Sausage Patties <sup>28</sup>	Cheese Omelet & Salsa <sup>29</sup>