

JUNE 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

Choice A/B

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

<p>A) Tarragon Chicken 01 OR B) Country Fried Steak w/Gravy Southern Style Grits, Country Tomatoes, Wheat Bread & Cherry Bar</p>	<p>A) Pork Chop w/Brown Gravy 02 OR B) Honey Baked Chicken Parslied Rice, Pickled Beets, Dinner Roll & Fresh Fruit</p>	<p>A) Beef Chili w/Beans 03 OR B) White Turkey Chili Oven Roasted Potatoes, Green Beans & Carrots Club Crackers (x2) & Fresh Fruit</p>	<p>A) Turkey Pastrami & Swiss Cheese 04 OR B) Pimento Cheese Lettuce & Tomato, Mustard, Pasta Salad, Wheat Bread (x2) & Fruited Lime Gelatin</p>	<p>A) Sausage Jambalaya 05 OR B) Chicken Etouffee Creole Corn, Collard Greens & Banana Pudding</p>
<p>A) Cheese Enchiladas w/Sauce 08 OR B) Chicken Enchiladas w/Sauce Pinto Beans, Squash Medley & Carnival Cookie</p>	<p>A) Chicken Tetrazzini 09 OR B) Hungarian Goulash Herbed Green Peas, Honey Carrots & Fresh Fruit</p>	<p>A) Southwest Ancho Beef Meatballs 10 OR B) Dill Chicken Dirty Rice, Tossed Salad, Ranch Salad Dressing & Peach Cobbler</p>	<p>A) Cider Mustard Pork Loin 11 OR B) Creamy Caper Chicken Barley Mushroom Risotto, Broccoli, Texas Bread & Orange Gelatin</p>	<p>A) Sliced Turkey Breast w/Gravy 12 OR B) Glazed ham Lima Beans, Parmesan Tomatoes, Texas Bread & Fresh Banana</p>
<p>A) Chicken Stir Fry 15 OR B) Pork Chow Mein Basmati Rice, Chinese Cabbage & Almond Cookie</p>	<p>A) Steakhouse Beef 16 OR B) Turkey & White Beans Whipped Potatoes w/Skins, Green Beans w/Red Peppers, Wheat Bread & Fresh Fruit</p>	<p>A) Citrus Baked Pollock 17 OR B) Alfredo Dill Chicken Meatballs Herbed Rice, Sliced Carrots & Coconut Pecan Bar</p>	<p>A) Hamburger Patty 18 OR B) Country Breaded Chicken Lettuce/Tomato/Onion, Mustard & Ketchup, Baked Beans, Hamburger Bun & Hot Cinnamon Applesauce</p>	<p>FATHER'S DAY 19 Rosemary Pork Chop Whipped Sweet Potatoes Catalina Veggies Butterscotch Brownie</p>
<p>A) Sausage w/Onions & Peppers 22 OR B) Buffalo Chicken Ranch Beans, Glazed Carrots, Texas Bread & Pineapple Tidbits</p>	<p>A) Chicken Gumbo 23 OR B) Creole Meatloaf Cajun Rice, Brussels Sprouts, Wheat Bread & Fresh Fruit</p>	<p>A) Italian Shells & Cheese 24 OR B) Beef Chili Macaroni Cauliflower, Green Beans, Dinner Roll & Berry Vanilla Pudding</p>	<p>A) Cranberry Chicken Salad 25 OR B) Seafood Macaroni Salad Veggie Couscous Salad, Cold Pickled Beets & Bran Muffin</p>	<p>A) Mushroom Beef 26 OR B) Mushroom Pork Loin Black-Eyed Peas, Turnip Greens, Cornbread & Fresh Fruit</p>
<p>A) Oven Fried Chicken 29 OR B) Potato Crusted Pollock Chuckwagon Corn, Spinach, Dinner Roll & Oatmeal Raisin Cookie</p>	<p>A) Beef Meatballs w/Sauce Robert 30 OR B) Pesto Chicken Lemon Rice, Herbed Green Beans, Wheat Bread & Fresh Fruit</p>			

Mighty Meals (Frozen)

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

Oven Fried Chicken 01	Beef Meatballs w/Sauce Robert 02	Cheese Omelet 03	Swedish Chicken Meatballs 04	Sausage 05
Swiss Steak 08	Lemon Pepper Pollock 09	Chicken Divan 10	Herbed Pork Loin 11	Turkey Rice Casserole 12
Tarragon Chicken 15	Pork Chop w/Brown Gravy 16	Beef Chili w/Beans 17	Turkey Pastrami 18	Sausage Jambalaya 19
Cheese Enchiladas w/Sauce 22	Chicken Tetrazzini 23	Southwest Ancho Beef Meatballs 24	Cider Mustard Pork Loin 25	Sliced Turkey Breast w/Gravy 26
Chicken Stir Fry 29	Steakhouse Beef 30	Citrus Baked Pollock 01	Hamburger Patty 02	Closed for Independence Day 03

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.

JUNE 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

Vegetarian Meals

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

01 Cheese Omelet Southern Style Grits, Country Tomatoes, Wheat Bread & Cherry Bar	02 Tofu Curry Parslied Rice, Pickled Beets, Dinner Roll & Fresh Fruit	03 White Bean Chili Oven Roasted Potatoes, Green Beans & Carrots Club Crackers (x2), & Fresh Fruit	04 Pimento Cheese Lettuce & Tomato, Pasta Salad, Wheat Bread (x2) & Fruited Lime Gelatin	05 2 Veggie Sausage Patties Creole Corn, Collard Greens & Banana Pudding
08 Cheese Enchiladas w/Sauce Pinto Beans, Squash Medley & Carnival Cookie	09 Broccoli Cheese Bake Herbed Green Peas, Honey Carrots & Fresh Fruit	10 Dill Veggie Meatballs Dirty Rice, Tossed Salad, Ranch Salad Dressing & Peach Cobbler	11 Six Bean Stew Barley Mushroom Risotto, Broccoli, Texas Bread & Orange Gelatin	12 Corn Chowder Lima Beans, Parmesan Tomatoes, Texas Bread & Fresh Banana
15 Broccoli Chickpea Curry Basmati Rice, Chinese Cabbage & Almond Cookie	16 White Bean Chili Whipped Potatoes w/Skins, Green Beans w/Red Peppers, Wheat Bread & Fresh Fruit	17 Veggie Cajun Gumbo Herbed Rice, Sliced Carrots & Coconut Pecan Bar	18 Black Bean Burger Lettuce/Tomato/Onion, Mustard & Ketchup, Baked Beans, Hamburger Bun & Hot Cinnamon Applesauce	19 FATHER'S DAY Veggie Frittata Whipped Sweet Potatoes Catalina Veggies Butterscotch Brownie
22 Veggie Potato Stew Ranch Beans, Glazed Carrots, Texas Bread & Pineapple Tidbits	23 Veggie Shepherd's Pie Cajun Rice, Brussels Sprouts, Wheat Bread & Fresh Fruit	24 Italian Shells & Cheese Cauliflower, Green Beans, Dinner Roll & Berry Vanilla Pudding	25 Egg Salad Veggie Couscous Salad, Cold Pickled Beets & Bran Muffin	26 Smothered Veggie Meatballs Black-Eyed Peas, Turnip Greens, Cornbread, Margarine & Fresh Fruit
29 Mixed Bean Chili Chuckwagon Corn, Spinach, Dinner Roll & Oatmeal Raisin Cookie	30 Six Bean Stew Lemon Rice, Herbed Green Beans, Wheat Bread & Fresh Fruit	01	02	03

Vegetarian Frozen

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

01 Mixed Bean Chili	02 Six Bean Stew	03 Cheese Omelet	04 Macaroni & Cheese	05 Lentil Sloppy Joe
08 Eggplant Parmesan	09 Lemony Chickpea Stir Fry	10 Spaghetti Torte	11 Barley Chili	12 Spinach Mac & Cheese
15 Cheese Omelet	16 Tofu Curry	17 White Bean Chili	18 Spinach Mac & Cheese	19 2 Veggie Sausage Patties
22 Cheese Enchiladas w/Sauce	23 Broccoli Cheese Bake	24 Dill Veggie Meatballs	25 Six Bean Stew	26 Corn Chowder
29 Broccoli Chickpea Curry	30 White Bean Chili	01 Veggie Cajun Gumbo	02 Black Bean Burger	03 Closed for Independence Day

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.

JUNE 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
Mighty Strong - High Calorie, High Protein

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

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

Mighty Healthy - Obesity, Diabetic, Cardiac

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

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

Mighty Well - Renal

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

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

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.