



MEALS ON WHEELS

NORTH CENTRAL TEXAS

Your Copy to Keep

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

Based on product availability, substitutions may occur.

|          |          |          |          |          |
|----------|----------|----------|----------|----------|
| A)<br>B) | A)<br>B) | A)<br>B) | A)<br>B) | A)       |
| A)<br>B) | A)<br>B) | A)<br>B) | A)<br>B) | A)<br>B) |
| A)<br>B) | A)<br>B) | A)<br>B) | A)<br>B) | A)<br>B) |
| A)<br>B) | A)<br>B) | A)<br>B) | A)<br>B) | A)<br>B) |
| A)<br>B) | A)<br>B) | A)<br>B) | A)<br>B) | A)<br>B) |

## Mighty Meals (Frozen)

Based on product availability, substitutions may occur.

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**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.



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**Month 2026**

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**Vegetarian**

Based on product availability, substitutions may occur.

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**Mighty Meals Vegetarian (Frozen)**

Based on product availability, substitutions may occur.

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