

**MEALS ON WHEELS**

NORTH CENTRAL TEXAS

Your Copy to Keep**October 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**

Based on product availability, substitutions may occur.

A) B)	A) B)	A) B)	1 A)Buffalo Chicken B)Honey Glazed Pork Chop Lima Beans, Garlic Spinach, Dinner Roll, Sugar Cookie	2 A)Homemade Meatloaf BBQ Pork Rib Patty Whipped Potatoes, Mixed Vegetables, Dinner Roll, Fresh Fruit
5 A)Chicken Pot Pie B)Cheesy Beef Macaroni Lentils, Country Tomatoes, Chocolate Mousse	6 A)Hamburger Patty B)BBQ Pork Rib Patty Lettuce/Tomato, Oven Roasted Potatoes, Honey Herb Carrots, Hamburger Bun, Fresh Banana, Mustard/Ketchup	7 A)Loaded Potato Casserole B)Eggplant Moussaka Whole Kernel Corn, Broccoli, Wheat Bread, Fruited Orange Gelatin	8 A)BBQ Chicken Breast B)Mushroom Pork Roast Baked Beans, Spinach, Dinner Roll, Carnival Cookie	9 A)Beef Pot Roast with Gravy B)Swedish Chicken Meatballs Parslied Rice, Spring Vegetables, Texas Bread, Fresh Fruit
12 A)Italian Shells and Cheese B)Chicken Alfredo Broccoli, Diced Beets, Multi-grain Bread, Chocolate Chip Cookie	13 A)Cajun Pollock B)Tuscan Pork Roast Chili Beans, Cauliflower, Wheat Bread, Fresh Fruit	14 A) Sausage with Onions and Peppers B)All Beef Hot Dog Ranch Beans, Tangy Coleslaw, Hot Dog Bun, Peach Cobbler	15 A)Korean BBQ Chicken B)Soy Ginger Roast Beef Jasmine Rice, Green Peas, Lemon Pudding	16 A)Bacon & Vegetable Frittata B)Eggplant & Lentil Stew Lemon Pepper Brussels Sprouts, Glazed Carrots, Dinner Roll, Fruit Salad
19 A)Turkey Tetrazzini B)Spinach Macaroni & Cheese Green Beans, Glazed Carrots, Multi-grain Bread, Brownie Cookie	20 A)Kielbasa B)Cajun Meatloaf Red Beans and Rice, Zucchini and Tomatoes, Wheat Bread, Fresh Banana	21 A)Lemon Pepper Pollock B)Herbed Pork Loin Confetti Rice, Cabbage, Wheat Bread, Lemon Cake	22 A)Beef Taco B)Chicken Fajita Meat Lettuce/Tomato/Onion, Charro Beans, Flour Tortillas (2), Hot Rosy Applesauce, Taco Sauce	23 A)Chicken Nuggets B)Pollock Nuggets Whipped Potatoes with Skins, Garden Vegetables, Dinner Roll, Fresh Fruit
26 A)Salisbury Beef w/ Brown Gravy B)Baked Chicken w/ Gravy Garlic Whipped Potatoes, Turnip Greens, Texas Bread, Brownie	27 A)Herbed Turkey Breast B)Creamy Garlic Cubed Beef Lentil Vegetable Pilaf, Broccoli, Dinner Roll, Fresh Banana	28 A)Mongolian Chicken B)Mu Shu Pork Jasmine Rice, Pacific Vegetables, Almond Cookie	29 A)Beef Spaghetti Sauce B)Eggplant Parmesan Spaghetti Noodles, Cauliflower, Green Beans with Onions, Pineapple Upside Down Cake	30 A)Chicken Chili B)White Bean Chili Shredded Cheese/Diced Red Onion, Mixed Vegetables, Cornbread, Orange Frosted Cake, Sour Cream, Margarine

Mighty Meals (Frozen)

Based on product availability, substitutions may occur.

			1 Chicken Fried Rice	2 Beef Taco
5 Turkey Pasta Bolognese	6 Sausage w/ Onions & Peppers	7 Chicken Etouffee	8 Hamburger Patty	9 Oven Fried Chicken Breast
12 Salisbury Beef w/ Onion Gravy	13 Chicken Shawarma	14 Spaghetti Torte	15 Buffalo Chicken	16 Homemade Meatloaf
19 Chicken Pot Pie	20 Hamburger Patty	21 Loaded Potato Casserole	22 BBQ Chicken Breast	23 Beef Pot Roast with Gravy
26 Italian Shells and Cheese	27 Cajun Pollock	28 Sausage w/ Onions & Peppers	29	30

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.

**MEALS ON WHEELS**

NORTH CENTRAL TEXAS

Your Copy to Keep**October 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**

Based on product availability, substitutions may occur.

			1	2
			Vegetarian Meatballs w/ Gravy	Cheese Omelet
			Lima Beans, Garlic Spinach, Dinner Roll, Sugar Cookie	Whipped Potatoes, Mixed Vegetables, Dinner Roll, Fresh Fruit
5	6	7	8	9
Vegetarian Pot Pie	Black Bean Burger	Eggplant Moussaka	BBQ Chick'n Strips	Six Bean Stew
Lentils, Country Tomatoes, Chocolate Mousse	Lettuce/Tomatoes, Oven Roasted Potatoes, Honey Herb Carrots, Hamburger Bun, Fresh Banana, Mustard/Ketchup	Whole Kernel Corn, Broccoli, Wheat Bread, Fruited Orange Gelatin	Baked Beans, Spinach, Dinner Roll, Carnival Cookie	Parslied Rice, Spring Vegetables, Texas Bread, Fresh Fruit
12	13	14	15	16
Italian Shells and Cheese	Cheesy Quinoa Primavera	Veggie Sausage Patties	Chickpea Masala	Eggplant and Lentil Stew
Broccoli, Diced Beets, Multi-grain Bread, Chocolate Chip Cookie	Chili Beans, Cauliflower, Wheat Bread, Fresh Fruit	Ranch Beans, Tangy Coleslaw, Hot Dog Bun, Peach Cobbler	Jasmine Rice, Green Peas, Lemon Pudding	Lemon Pepper Brussels Sprouts, Glazed Carrots, Dinner Roll, Fruit Salad
19	20	21	22	23
Spinach Macaroni & Cheese	Cajun Vegetarian Sausage Patties	Lemony Chickpea Stir Fry	Chick'n Fajita	Spinach & Mushroom Crustless Quiche
Green Beans, Glazed Carrots, Multi-grain Bread, Brownie Cookie	Red Beans and Rice, Zucchini and Tomatoes, Wheat Bread, Fresh Banana	Confetti Rice, Cabbage, Wheat Bread, Lemon Cake	Lettuce/Tomato/Onion, Charro Beans, Flour Tortillas (2), Hot Rosy Applesauce, Taco Sauce	Whipped Potatoes with Skins, Garden Vegetables, Dinner Roll, Fresh Fruit
26	27	28	29	30
Cheese Omelet	Garlic Parmesan Couscous	Broccoli Chickpea Curry	Eggplant Parmesan	White Bean Chili
Garlic Whipped Potatoes, Turnip Greens, Texas Bread, Brownie	Lentil Vegetable Pilaf, Broccoli, Dinner Roll, Fresh Banana	Jasmine Rice, Pacific Vegetables, Almond Cookie	Spaghetti Noodles, Cauliflower, Green Beans w/ Onions, Pineapple Upside Down Cake	Shredded Cheese/Diced Red Onion, Mixed Vegetables, Cornbread, Orange Frosted Cake, Sour Cream, Margarine

Mighty Meals Vegetarian (Frozen)

Based on product availability, substitutions may occur.

			1	2
			Chickpea Curry	Tofu Fajita
5	6	7	8	9
Macaroni and Cheese	Cheesy Potato Soup	Crispy Tofu	Gardenburger	Chickpea Masala
12	13	14	15	16
Bean Chili	Falafel Balls w/ Tzatziki Sauce	Spaghetti Torte	Vegetarian Meatballs with Gravy	Cheese Omelet
19	20	21	22	23
Vegetarian Pot Pie	Black Bean Burger	Eggplant Moussaka	BBQ Chick'n Strips	Six Bean Stew
26	27	28	29	30
Italian Shells and Cheese	Cheesy Quinoa Primavera	Vegetarian Sausage Patties	Chickpea Masala	White Bean Chili

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.