

MEALS ON WHEELS MENU – AUGUST 2022 VEGETARIAN MEALS

NOT GOING TO BE HOME? NOTIFY 48 HOURS IN ADVANCE.

Call or Text 888.869.6325 Online www.mownct.org/cancel-my-meal

1 Cheese Omelet Breakfast Potatoes Fruited Granola WG Bread Peanut Butter Orange Juice	2 Manicotti Alfredo Seasoned Peas Italian Vegetables WG Bread Grape Juice	3 Vegetarian Chili Pinto & Carrot Blend Corn Muffin Margarine Apple Juice	4 Macaroni & Cheese Carrots Green Beans WG Bread Margarine Pineapple Cup	5 Plant-Based “Chick’n Nuggets” Warm Rice Salad Diced Sweet Potatoes WG Bread Margarine Applesauce
8 Black Beans with Rice and Corn Parslied Carrots WG Bread/Margarine Peach Cup	9 Lasagna Florentine Mixed Vegetables WG Bread Margarine Mandarin Oranges Waffle Grahams	10 Bean Burrito w/ Queso Carrots Whole Kernel Corn Mixed Fruit Cup Corn Muffin	11 Meatless Ground Beef & Pasta Casserole Pinto Beans Steamed Carrots WG Bread Applesauce	12 Macaroni & Cheese Green Beans Carrots WG Roll/Margarine Raisins
15 Cheese Omelet Breakfast Potatoes Fruited Granola WG Bread Peanut Butter Orange Juice	16 Manicotti Alfredo Seasoned Peas Italian Vegetables WG Bread Grape Juice	17 Vegetarian Chili Pinto & Carrot Blend Corn Muffin Margarine Apple Juice	18 Macaroni & Cheese Carrots Green Beans WG Bread Margarine Pineapple Cup	19 Plant-Based “Chick’n Nuggets” Warm Rice Salad Diced Sweet Potatoes WG BreadMargarine Applesauce
22 Black Beans with Rice and Corn Parslied Carrots WG Bread/Margarine Peach Cup	12 3 Lasagna Florentine Mixed Vegetables WG Bread Margarine Mandarin Oranges Waffle Grahams	24 Bean Burrito w/ Queso Carrots Whole Kernel Corn Mixed Fruit Cup Corn Muffin	25 Meatless Ground Beef & Pasta Casserole Pinto Beans Steamed Carrots WG Bread Applesauce	26 Macaroni & Cheese Green Beans Carrots WG Roll/Margarine Raisins
29 Cheese Omelet Breakfast Potatoes Fruited Granola WG Bread Peanut Butter Orange Juice	30 Manicotti Alfredo Seasoned Peas Italian Vegetables WG Bread Grape Juice	31 Vegetarian Chili Pinto & Carrot Blend Corn Muffin Margarine Apple Juice		13 

All meals served with 1% low-fat white or non-fat chocolate milk. WG = Whole Grain; WW = Whole Wheat