

**MEALS ON WHEELS**

NORTH CENTRAL TEXAS

Your Copy to Keep**August 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.

☐ Greek Chicken ☐ Falafel Balls w/ Tzatziki Sauce Lemon Herb Couscous, Mediterranean Vegetables, Wheat Bread, Apricot Thumbprint Cookie	☐ Pizza Casserole ☐ Turkey Macaroni & Cheese Garlic Parmesan Cauliflower, Green Beans Almandine, Fresh Fruit	☐ Lemon Caper Turkey Breast ☐ Roast Beef w/ Gravy Whipped Potatoes, Summer Vegetables, Texas Bread, Chocolate Pudding	☐ Chicken Fried Rice ☐ Sweet & Sour Pork Lemon Zest Broccoli, Chinese Cabbage, Lemon Bar	☐ Beef Taco ☐ Chicken Fajita Seasoned Black Beans, Parslied Carrots, Flour Tortillas (2), Fresh Fruit, Taco Sauce
☐ Turkey Pasta Bolognese ☐ Cheeseburger Macaroni Broccoli, Diced Beets, Texas Bread, Oatmeal Raisin Cookie	☐ Sausage w/ Onions & Peppers ☐ French Onion Chicken Black-Eyed Peas, Squash, Zucchini & Tomatoes, Dinner Roll, Fresh Fruit	☐ Chicken Etouffee ☐ Ham & Lima Beans Cajun Rice, Stewed Okra, Cornbread, Lemon Pudding, Butter	☐ Hamburger Patty ☐ Grilled Chicken Lettuce/Tomato/Pickle, Baked Beans, Hamburger Bun, Hot Spiced Apples & Raisins, Mustard & Ketchup	☐ Oven Fried Chicken Breast ☐ Rosemary Beef Meatballs Cheesy Shells, Peas & Carrots, Wheat Bread, Fresh Fruit
☐ Salisbury Beef w/ Onion Gravy ☐ Breaded Chicken Piccata Rice, Sliced Carrots, Wheat Bread, Strawberry Craisins	☐ Chicken Shawarma ☐ Gyro Meat Lentil Vegetable Pilaf, Broccoli, Wheat Pita Pocket Half, Fresh Banana	☐ Spaghetti Torte ☐ Tuna Noodle Au Gratin Green Beans, Cauliflower, Butterscotch Brownie	☐ Buffalo Chicken ☐ Honey Glazed Pork Chop Lima Beans, Garlic Spinach, Dinner Roll, Sugar Cookie	☐ Homemade Meatloaf ☐ BBQ Pork Rib Patty Whipped Potatoes, Mixed Vegetables, Dinner Roll, Fresh Fruit
☐ Three Cheese Ziti ☐ Beef Stroganoff w/ Penne Green Peas, Glazed Carrots, Dinner Roll, Fresh Fruit	☐ Thai Chili Pork Eggroll ☐ Thai Chili Vegetable Eggroll Jasmine Rice, Japanese Vegetables, Texas Bread, Almond Cookie	☐ Baked Chicken w/ Country Gravy ☐ Ham & Black-Eyed Peas Southern Style Grits, Broccoli, Dinner Roll, Fruited Orange Gelatin	☐ Romesco Beef Meatballs ☐ Oven Baked Chicken Drumstick Roasted Sweet Potatoes, Brussels Sprouts, Bran Banana Muffin	☐ Seafood Macaroni Salad ☐ Egg Salad Broccoli Craisin Salad, Cucumber & Tomato Salad, Club Crackers (2), Fresh Banana
☐ Chicken Alfredo ☐ Turkey & Lentil Bolognese w/ Spaghetti Noodles Herbed Green Peas, Parslied Carrots, Chocolate Chip Cookie				

Mighty Meals (Frozen)

Based on product availability, substitutions may occur.

Chicken Alfredo	Garlic Marsala Pork Loin	Beef Enchiladas w/ Sauce	Italian Chicken Chili	Pollock Almandine
Marinara Beef Meatballs	Baked Chicken Breast w/ Gravy	Beef Burgundy	Creamy Garlic Turkey Breast	Southwest Beef & Bean Burrito
Greek Chicken	Pizza Casserole	Lemon Caper Turkey Breast	Chicken Fried Rice	Beef Taco
Turkey Pasta Bolognese	Sausage w/ Onions & Peppers	Chicken Etouffee	Hamburger Patty	Oven Fried Chicken Breast
Salisbury Beef w/ Onion Gravy				

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03 Falafel Balls w/ Tzatziki Sauce Lemon Herb Couscous, Mediterranean Vegetables, Wheat Bread, Apricot Thumbprint Cookie	04 Spinach Macaroni & Cheese Garlic Parmesan Cauliflower, Green Beans Almandine, Fresh Fruit	05 Vegetable Cajun Gumbo Whipped Potatoes, Summer Vegetables, Texas Bread, Chocolate Pudding	06 Chickpea Curry Lemon Zest Broccoli, Chinese Cabbage, Lemon Bar	07 Tofu Fajita Seasoned Black Beans, Parslied Carrots, Flour Tortillas (2), Fresh Fruit Taco Sauce
10 Macaroni & Cheese Broccoli, Diced Beets, Texas Bread, Oatmeal Raisin Cookie	11 Cheesy Potato Soup Black-Eyed Peas, Squash, Zucchini & Tomatoes, Dinner Roll, Fresh Fruit	12 Crispy Tofu Cajun Rice, Stewed Okra, Cornbread, Lemon Pudding, Butter	13 Gardenburger Lettuce/Tomato/Pickle, Baked Beans, Hamburger Bun, Hot Spiced Apples & Raisins, Mustard & Ketchup	14 Chickpea Marsala Cheesy Shells, Peas & Carrots, Wheat Bread, Fresh Fruit
17 Bean Chili Rice, Sliced Carrots, Wheat Bread, Strawberry Craisins	18 Falafel Balls w/ Tzatziki Sauce Lentil Vegetable Pilaf, Broccoli, Wheat Pita Pocket Half, Fresh Banana	19 Spaghetti Torte Green Beans, Cauliflower, Butterscotch Brownie	20 Veggie Meatballs w/ Gravy Lima Beans, Garlic Spinach, Dinner Roll, Sugar Cookie	21 Cheese Omelet Whipped Potatoes, Mixed Vegetables, Dinner Roll, Fresh Fruit
24 Three Cheese Ziti Green Peas, Glazed Carrots, Dinner Roll, Fresh Fruit	25 Thai Chili Vegetable Eggroll Jasmine Rice, Japanese Vegetables, Texas Bread, Almond Cookie	26 Six Bean Stew Southern Style Grits, Broccoli, Dinner Roll, Fruited Orange Gelatin	27 Bean Tamale Pie Roasted Sweet Potatoes, Brussels Sprouts, Bran Banana Muffin	28 Egg Salad Broccoli Craisin Salad, Cucumber & Tomato Salad, Club Crackers (2), Fresh Banana
31 Lentil Bolognese w/ Spaghetti Herbed Green Peas, Parslied Carrots, Chocolate Chip Cookie				

Mighty Meals Vegetarian (Frozen)

Based on product availability, substitutions may occur.

03 Lentil Bolognese w/ Spaghetti	04 Spinach Crustless Quiche	05 Cheese Enchiladas w/ Sauce	06 White Bean Chili	07 Chickpea Italiano
10 Eggplant Parmesan	11 Butternut Squash & Black Bean	12 Vegetable Frittata	13 Cheese Omelet	14 Bean Tamale Pie
17 Falafel Balls w/ Tzatziki Sauce	18 Spinach Macaroni & Cheese	19 Vegetable Cajun Gumbo	20 Chickpea Curry	21 Tofu Fajita
24 Macaroni & Cheese	25 Cheesy Potato Soup	26 Crispy Tofu	27 Gardenburger	28 Chickpea Masala
31 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.

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03 Cilantro Lime Meatballs	04 Chicken Noodle Casserole	05 Breakfast Burrito w/ Salsa	06 Chicken Tenders Over Orange Rice	07 Pepper & Beef Patty w/ Gravy
10 Chicken & Dumplings	11 Sausage w/ Macaroni & Cheese	12 Meatballs w/ Rice & Gravy	13 Creamy Breaded Chicken	14 Cheese Pizza
17 Cilantro Lime Meatballs	18 Chicken Noodle Casserole	19 Breakfast Burrito w/ Salsa	20 Chicken Tenders Over Orange Rice	21 Pepper & Beef Patty w/ Gravy
24 Chicken & Dumplings	25 Sausage w/ Macaroni & Cheese	26 Meatballs w/ Rice & Gravy	27 Creamy Breaded Chicken	28 Cheese Pizza
31 Cilantro Lime Meatballs				

Mighty Healthy - Obesity, Diabetic, Cardiac**Medically Tailored Meals require Doctor's Note*

03 Salisbury Steak	04 Pizzaiola Pork	05 Breaded Pollock	06 Beef Patty w/ Horseradish	07 Chicken Patty w/ Rice
10 Chicken Chili w/ Beans	11 Chipotle Meatloaf	12 Chimichurri Chicken	13 Pork Patty & Gravy	Chicken Florentine Rice
17 Salisbury Steak	18 Pizzaiola Pork	19 Breaded Pollock	20 Beef Patty w/ Horseradish	Chicken Patty w/ Rice
24 Chicken Chili w/ Beans	25 Chipotle Meatloaf	26 Chimichurri Chicken	27 Pork Patty & Gravy	Chicken Florentine Rice
31 Salisbury Steak				

Mighty Well - Renal**Medically Tailored Meals require Doctor's Note*

03 BBQ Chicken	04 Chipotle Meatloaf	05 Turkey Meatloaf w/ Sauce	06 Sausage Patties	07 Cheese Omelet & Salsa
10 Breaded Pollock w/ Sauce	11 Fried Egg Patties	12 Pork Patty w/ Pizzaiola Sauce	13 Salisbury Steak	Breakfast Scramble
17 BBQ Chicken	18 Chipotle Meatloaf	19 Turkey Meatloaf w/ Sauce	20 Sausage Patties	Cheese Omelet & Salsa
24 Bread Pollock w/ Sauce	25 Fried Egg Patties	26 Port Patty w/ Pizzaiola Sauce	27 Salisbury Steak	Breakfast Scramble
31 BBQ Chicken				

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