


MEALS ON WHEELS MENU - JUNE 2022

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	4			1 Diced Chicken Green Beans Yellow Rice w/ Tomatoes & Chives WG Bread Pineapple Cup	2 Batter-Dipped Fish Nuggets Garlic Mashed Potatoes Carrots WG Bread	3 Salisbury Steak w/ Gravy Mixed Vegetables Lima Beans WG Bread
		OR	OR	OR	OR	OR
CHOICE B				1 Hamburger Patty Mashed Potatoes Carrots WG Hamburger Bun Ketchup/Mustard Pineapple Cup	2 Meatballs & Pasta Broccoli WG Bread Banana Snack Loaf	3 Chicken w/Gravy Potatoes Brussels Sprouts WG Bread


CHOICE A	6	Cheese Lasagna w/Spinach Alfredo Mixed Vegetables WG Bread Margarine x2 Pear Cup	7	Sesame Chicken Broccoli & Shredded Carrots Cauliflower w/Red Pepper WG Bread Margarine Pineapple Cup	8	Sliced Turkey w/ Gravy Mashed Potatoes Green Beans WG Bread Apple Juice	9	Chicken w/Thai Ginger Red Curry Sauce Green Beans Carrots WG Bread Blended Juice	10	Three Bean Chili Squash Medley WG Bread Mandarin Oranges
		OR	OR	OR	OR	OR	OR			
CHOICE B	6	Steak Patty w/ Picadillo Sauce Sweet Potatoes Green Peas Margarine Pear Cup	7	Veal Chop w/ Mustard Sage Sauce Butternut Squash Potatoes WG Bread Margarine Pineapple Cup	8	Teriyaki Beef Patty Rice Mixed Vegetables WG Bread Apple Juice	9	Cheese Omelet Potatoes Fruited Granola WG Bread Blended Juice	10	Fish Fillet Cheesy Mashed Potatoes Broccoli WG Bread Mandarin Oranges

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

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CHOICE A	13 Sweet & Sour Pork Fried Rice Corn WG Bread	14 Three Cheese Macaroni & Cheese Green Beans WG Bread Pineapple Juice	15 Pork Chop Patty w/Gravy Sweet Potatoes Brussels Sprouts WG Bread Peach Cup	16 Cavatappi Bolognese Italian Vegetables WG Bread	17 WG Fish Fillet Cheesy Mashed Potatoes Mixed Vegetables Tartar Sauce WG Bread Pineapple Cup
	OR	OR	OR	OR	OR
CHOICE B	13 Beef Patty w/Gravy Mixed Vegetables Garlic Mashed Potatoes WG Bread	14 Vegetarian Chili Carrots WG Bread Pineapple Juice	15 Turkey & Cheese Lasagna Broccoli, Cauliflower, Bean Medley WG Bread Peach Cup	16 Sweet & Sour Chicken Rice Green Peas WG Bread Pineapple Cup	17 Egg Patty Potatoes & Sausage Gravy Apples WG Bread Orange Juice

CHOICE A	20 Beef Patty w/ Pizzaioli Sauce Green Beans WG Bread Pineapples & Mandarin Oranges	21 Twisted Mac n Cheese Pinto Beans Carrots WG Bread Mandarin Oranges	22 Chicken Marsala Butternut Squash Green Beans WG Bread Applesauce	23 Meatloaf with Gravy Skin-on Potatoes Stewed Tomatoes WG Bread Pineapple Juice	24 Chicken Stew Green Beans Apples with Raisins WG Bread Orange-Pineapple Juice
	OR	OR	OR	OR	OR
CHOICE B	20 Western Omelet Potatoes Strawberry Applesauce WG Bread	21 Chicken Garden Casserole Summer Blend Vegetables WG Bread Mandarin Oranges	22 Manicotti Alfredo Italian Vegetables Green Peas WG Bread Applesauce	23 BBQ Pork Riblet Mashed Sweet Potatoes Mixed Vegetables WG Bread Pineapple Juice	24 Black Beans & Rice Corn Carrots WG Bread Orange-Pineapple Juice

CHOICE A	27 Macaroni & Beef Spinach California Blend Vegetables WG Bread Strawberry Applesauce	28 Chili Dog w/WG Bun Corn Baked Beans Orange-Pineapple Juice	29 Diced Chicken Green Beans Yellow Rice w/ Tomatoes & Chives WG Bread Pineapple Cup	30 Batter-Dipped Fish Nuggets Garlic Mashed Potatoes Carrots WG Bread	19 
	OR	OR	OR	OR	OR
CHOICE B	27 Honey Mustard Chicken Potatoes Florentine Mixed Vegetables WG Bread Strawberry Applesauce	28 Chicken Parmesan Diced Potatoes Green Beans WG Bread Orange-Pineapple Juice	29 Hamburger Patty Mashed Potatoes Carrots WG Hamburger Bun Ketchup/Mustard Pineapple Cup	30 Meatballs & Pasta Broccoli WG Bread Banana Snack Loaf	

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