

# MEALS ON WHEELS MENU - MAY 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](http://www.mownct.org/cancel-my-meal)

2 Cheese Omelet Roasted Potatoes Fruited Granola WG Bread Peanut Butter	3 Manicotti Alfredo Seasoned Peas Italian Vegetables WG Bread Grape Juice	4 Vegetarian Chili Pinto & Carrot Blend Corn Muffin Margarine Apple Juice	5 Macaroni & Cheese Green Beans Carrots WG Bread/Margarine Pineapple Cup	6 Chick'n Nuggets Warm Rice Salad Sweet Potatoes WG Bread Margarine Applesauce
9 Black Beans & Rice w/ Corn & Red Pepper Carrots WG Bread/Margarine Peach Cup	10 Cheese Lasagna with Spinach Alfredo Sauce Mixed Vegetables WG Bread/Margarine Mandarin Oranges Waffle Grahams	11 Bean Burrito w/ Queso Carrots Whole Kernel Corn Mixed Fruit Cup Corn Muffin	12 Meatless Ground Beef & Pasta Casserole Pinto Beans Carrots WG Bread Applesauce	13 Macaroni & Cheese Green Beans Carrots WG Roll/Margarine Raisins
16 Cheese Omelet Roasted Potatoes Fruited Granola WG Bread Peanut Butter Orange Juice	17 Manicotti Alfredo Seasoned Peas Italian Vegetables WG Bread Grape Juice	18 Vegetarian Chili Pinto & Carrot Blend Corn Muffin Margarine Apple Juice	19 Macaroni & Cheese Seasoned Carrot Cuts Green Peas WG Bread/Margarine Pineapple Cup	20 Chick'n Nuggets Warm Rice Salad Diced Sweet Potatoes WG Bread/Margarine Applesauce
23 Black Beans & Rice w/ Corn & Red Pepper Carrots WG Bread/Margarine Peach Cup	24 Cheese Lasagna with Spinach Alfredo Sauce Mixed Vegetables WG Bread/Margarine Mandarin Oranges Waffle Grahams	25 Bean Burrito w/ Queso Carrots Whole Kernel Corn Mixed Fruit Cup Corn Muffin	26 Meatless Ground Beef & Pasta Casserole Pinto Beans Carrots WG Bread Applesauce	27 Macaroni & Cheese Green Beans Carrots WG Roll/Margarine Raisins
30 <b>MEMORIAL DAY</b> 	31 Manicotti Alfredo Seasoned Peas Italian Vegetables WG Bread Grape Juice		7 	8 <b>HAPPY..</b> <i>Mother's</i> <b>DAY..</b>

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