MEALS ON WHEELS NORTH CENTRAL TEXAS MAY 2024

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

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

11		1	2	3
		Rosemary Chicken	Salisbury Steak	Pepperoni Pizza
		Lima Beans	Red Skin Potatoes	Four Seasons
		Spring Vegetable Blend	Mixed Vegetables	Vegetable Blend
ANIMER		Whole Wheat Bread	Whole Wheat Bread	Whole Kernel Corn
		Margarine	Margarine	Whole Wheat Bread
		Chocolate Crème	Mandarin Orange Cup	Margarine
		Cookies	Grape Juice	Orange Juice
		OR	OR	OR
		Pork Patty with Zesty	Cheese Omelet & Salsa	Beef Patty over Cheesy
		Orange Rice	Broccoli Florets	Chipotle Rice
		Green Peas	Hash Browns	Whole Kernel Corn
		Carrots	Whole Wheat Bread	Broccoli Florets
		Whole Wheat Bread	Margarine	Cornbread Muffin
		Margarine	Mandarin Orange Cup	Margarine
		Chocolate Crème	Grape Juice	Orange Juice
		Cookies		
6	7	8	9	10
6 Chicken & Penne Pasta	7 Pollock Nuggets	8 Beef Pepper Patty	Breaded Parmesan	Red Beans & Rice
Chicken & Penne Pasta Alfredo	Pollock Nuggets Northern Beans	Beef Pepper Patty w/Gravy	Breaded Parmesan Chicken Patty	Red Beans & Rice w/Sausage
Chicken & Penne Pasta Alfredo Carrots	Pollock Nuggets Northern Beans Broccoli Florets	Beef Pepper Patty w/Gravy Spinach	Breaded Parmesan Chicken Patty Red Skin Potatoes	Red Beans & Rice w/Sausage Corn with Peppers
Chicken & Penne Pasta Alfredo Carrots Butternut Squash	Pollock Nuggets Northern Beans Broccoli Florets Cornbread Muffin	Beef Pepper Patty w/Gravy Spinach Sweet Potatoes	Breaded Parmesan Chicken Patty Red Skin Potatoes Mixed Vegetables	Red Beans & Rice w/Sausage Corn with Peppers Butternut Squash
Chicken & Penne Pasta Alfredo Carrots Butternut Squash Whole Wheat Bread	Pollock Nuggets Northern Beans Broccoli Florets Cornbread Muffin Margarine	Beef Pepper Patty w/Gravy Spinach Sweet Potatoes Whole Wheat Bread	Breaded Parmesan Chicken Patty Red Skin Potatoes Mixed Vegetables Whole Wheat Bread	Red Beans & Rice w/Sausage Corn with Peppers Butternut Squash Whole Wheat Bread
Chicken & Penne Pasta Alfredo Carrots Butternut Squash Whole Wheat Bread Margarine	Pollock Nuggets Northern Beans Broccoli Florets Cornbread Muffin	Beef Pepper Patty w/Gravy Spinach Sweet Potatoes Whole Wheat Bread Margarine	Breaded Parmesan Chicken Patty Red Skin Potatoes Mixed Vegetables Whole Wheat Bread Margarine	Red Beans & Rice w/Sausage Corn with Peppers Butternut Squash Whole Wheat Bread Margarine
Chicken & Penne Pasta Alfredo Carrots Butternut Squash Whole Wheat Bread	Pollock Nuggets Northern Beans Broccoli Florets Cornbread Muffin Margarine	Beef Pepper Patty w/Gravy Spinach Sweet Potatoes Whole Wheat Bread Margarine Chocolate Crème	Breaded Parmesan Chicken Patty Red Skin Potatoes Mixed Vegetables Whole Wheat Bread	Red Beans & Rice w/Sausage Corn with Peppers Butternut Squash Whole Wheat Bread
Chicken & Penne Pasta Alfredo Carrots Butternut Squash Whole Wheat Bread Margarine Apple Cereal Bar	Pollock Nuggets Northern Beans Broccoli Florets Cornbread Muffin Margarine Orange Juice	Beef Pepper Patty w/Gravy Spinach Sweet Potatoes Whole Wheat Bread Margarine Chocolate Crème Cookies	Breaded Parmesan Chicken Patty Red Skin Potatoes Mixed Vegetables Whole Wheat Bread Margarine Tropical Fruit Cup	Red Beans & Rice w/Sausage Corn with Peppers Butternut Squash Whole Wheat Bread Margarine Orange Juice
Chicken & Penne Pasta Alfredo Carrots Butternut Squash Whole Wheat Bread Margarine Apple Cereal Bar OR	Pollock Nuggets Northern Beans Broccoli Florets Cornbread Muffin Margarine Orange Juice OR	Beef Pepper Patty w/Gravy Spinach Sweet Potatoes Whole Wheat Bread Margarine Chocolate Crème Cookies OR	Breaded Parmesan Chicken Patty Red Skin Potatoes Mixed Vegetables Whole Wheat Bread Margarine Tropical Fruit Cup	Red Beans & Rice w/Sausage Corn with Peppers Butternut Squash Whole Wheat Bread Margarine Orange Juice
Chicken & Penne Pasta Alfredo Carrots Butternut Squash Whole Wheat Bread Margarine Apple Cereal Bar OR Beef Patty	Pollock Nuggets Northern Beans Broccoli Florets Cornbread Muffin Margarine Orange Juice OR Southwest Chicken	Beef Pepper Patty w/Gravy Spinach Sweet Potatoes Whole Wheat Bread Margarine Chocolate Crème Cookies OR Fried Egg Patties	Breaded Parmesan Chicken Patty Red Skin Potatoes Mixed Vegetables Whole Wheat Bread Margarine Tropical Fruit Cup OR Beef Strip w/Orange	Red Beans & Rice w/Sausage Corn with Peppers Butternut Squash Whole Wheat Bread Margarine Orange Juice OR Grilled Chicken w/Rice
Chicken & Penne Pasta Alfredo Carrots Butternut Squash Whole Wheat Bread Margarine Apple Cereal Bar OR Beef Patty Carrots	Pollock Nuggets Northern Beans Broccoli Florets Cornbread Muffin Margarine Orange Juice OR Southwest Chicken Tenders	Beef Pepper Patty w/Gravy Spinach Sweet Potatoes Whole Wheat Bread Margarine Chocolate Crème Cookies OR Fried Egg Patties Sweet Potatoes	Breaded Parmesan Chicken Patty Red Skin Potatoes Mixed Vegetables Whole Wheat Bread Margarine Tropical Fruit Cup OR Beef Strip w/Orange Rice	Red Beans & Rice w/Sausage Corn with Peppers Butternut Squash Whole Wheat Bread Margarine Orange Juice OR Grilled Chicken w/Rice & Gravy
Chicken & Penne Pasta Alfredo Carrots Butternut Squash Whole Wheat Bread Margarine Apple Cereal Bar OR Beef Patty Carrots Brussels Sprouts	Pollock Nuggets Northern Beans Broccoli Florets Cornbread Muffin Margarine Orange Juice OR Southwest Chicken Tenders Sweet Potatoes	Beef Pepper Patty w/Gravy Spinach Sweet Potatoes Whole Wheat Bread Margarine Chocolate Crème Cookies OR Fried Egg Patties Sweet Potatoes Asparagus	Breaded Parmesan Chicken Patty Red Skin Potatoes Mixed Vegetables Whole Wheat Bread Margarine Tropical Fruit Cup OR Beef Strip w/Orange Rice Corn with Peppers	Red Beans & Rice w/Sausage Corn with Peppers Butternut Squash Whole Wheat Bread Margarine Orange Juice OR Grilled Chicken w/Rice & Gravy Bean Blend
Chicken & Penne Pasta Alfredo Carrots Butternut Squash Whole Wheat Bread Margarine Apple Cereal Bar OR Beef Patty Carrots Brussels Sprouts Cornbread Muffin	Pollock Nuggets Northern Beans Broccoli Florets Cornbread Muffin Margarine Orange Juice OR Southwest Chicken Tenders Sweet Potatoes Broccoli Florets	Beef Pepper Patty w/Gravy Spinach Sweet Potatoes Whole Wheat Bread Margarine Chocolate Crème Cookies OR Fried Egg Patties Sweet Potatoes Asparagus Whole Wheat Bread	Breaded Parmesan Chicken Patty Red Skin Potatoes Mixed Vegetables Whole Wheat Bread Margarine Tropical Fruit Cup OR Beef Strip w/Orange Rice Corn with Peppers Broccoli Florets	Red Beans & Rice w/Sausage Corn with Peppers Butternut Squash Whole Wheat Bread Margarine Orange Juice OR Grilled Chicken w/Rice & Gravy Bean Blend Carrots
Chicken & Penne Pasta Alfredo Carrots Butternut Squash Whole Wheat Bread Margarine Apple Cereal Bar OR Beef Patty Carrots Brussels Sprouts Cornbread Muffin Margarine	Pollock Nuggets Northern Beans Broccoli Florets Cornbread Muffin Margarine Orange Juice OR Southwest Chicken Tenders Sweet Potatoes Broccoli Florets Whole Wheat Bread	Beef Pepper Patty w/Gravy Spinach Sweet Potatoes Whole Wheat Bread Margarine Chocolate Crème Cookies OR Fried Egg Patties Sweet Potatoes Asparagus Whole Wheat Bread Margarine	Breaded Parmesan Chicken Patty Red Skin Potatoes Mixed Vegetables Whole Wheat Bread Margarine Tropical Fruit Cup OR Beef Strip w/Orange Rice Corn with Peppers Broccoli Florets Whole Wheat Bread	Red Beans & Rice w/Sausage Corn with Peppers Butternut Squash Whole Wheat Bread Margarine Orange Juice OR Grilled Chicken w/Rice & Gravy Bean Blend Carrots Whole Wheat Bread
Chicken & Penne Pasta Alfredo Carrots Butternut Squash Whole Wheat Bread Margarine Apple Cereal Bar OR Beef Patty Carrots Brussels Sprouts Cornbread Muffin	Pollock Nuggets Northern Beans Broccoli Florets Cornbread Muffin Margarine Orange Juice OR Southwest Chicken Tenders Sweet Potatoes Broccoli Florets	Beef Pepper Patty w/Gravy Spinach Sweet Potatoes Whole Wheat Bread Margarine Chocolate Crème Cookies OR Fried Egg Patties Sweet Potatoes Asparagus Whole Wheat Bread	Breaded Parmesan Chicken Patty Red Skin Potatoes Mixed Vegetables Whole Wheat Bread Margarine Tropical Fruit Cup OR Beef Strip w/Orange Rice Corn with Peppers Broccoli Florets	Red Beans & Rice w/Sausage Corn with Peppers Butternut Squash Whole Wheat Bread Margarine Orange Juice OR Grilled Chicken w/Rice & Gravy Bean Blend Carrots

All meals served with milk. ***This menu is based on product availability, substitutions may be made.***



13	14	15	16	17
Grilled Pork Patty	Huevos Rancheros	Meatballs and Alfredo	Chicken Nuggets	Pork Patty & Rice
w/Mushroom Gravy	Red Skin Potatoes	Shell Pasta	Whole Kernel Corn	w/Roasted Garlic Gravy
Sweet Potatoes	Broccoli Florets	Whole Kernel Corn	Broccoli Florets	Succotash
Green Beans	Whole Wheat Bread	Green Beans	Whole Wheat Bread	Carrots
Whole Wheat Bread	Margarine	Whole Wheat Bread	Margarine	Whole Wheat Bread
Margarine	Apple Juice	Margarine	Applesauce Cup	Margarine
Oatmeal Crème Cookie		Raisins	Chocolate Crème	Grape Juice
			Cookies	Graham Crackers
OR Dreaded Delleak	OR	OR	OR Deef Detty & Onion	OR Chieken & Teriveki
Breaded Pollock Green Pea Blend	Homestyle Meatloaf Red Skin Potatoes	Honey Mustard	Beef Patty & Onion	Chicken & Teriyaki
Carrots	Winter Vegetable Blend	Chicken Sweet Potatoes	Gravy Red Skin Potatoes	Rice Sweet Potatoes
Whole Wheat Bread	Cornbread Muffin	Brussels Sprouts	Broccoli Florets	Brussels Sprouts
Margarine	Margarine	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread
Oatmeal Crème Cookie	Apple Juice	Margarine	Margarine	Margarine
		Raisins	Applesauce Cup	Grape Juice
			Chocolate Crème	•
			Cookies	
20	21	22	23	24
Spaghetti & Meatballs	Cheese Pizza	Beef Strip Patty &	BBQ Chicken Patty	Ginger Pork Patty
Whole Kernel Corn	Mixed Vegetables	Brown Gravy	Succotash	Red Skin Potatoes
Broccoli Florets	Bean Blend	Spinach	Green Beans	Green Pea Blend
Whole Wheat Bread	Whole Wheat Bread	Four Seasons	Whole Wheat Bread	Whole Wheat Bread
Margarine	Margarine	Vegetable Blend	Margarine	Margarine
Apple Juice	Grape Juice	Cornbread Muffin	Oatmeal Crème Cookie	Fig Bar
		Margarine		
		Chocolate Crème		
OR	OR	Cookies OR	OR	OR
Breaded Pollock &	Breakfast Burrito with	Creamy Breaded	Chicken Noodle	Chili with Beans
Coconut Curry Rice	Salsa	Chicken Patty	Casserole	Carrots
Three Seasons	Hash Browns	Lima Beans	Bean Blend	Broccoli Florets
Vegetable Blend	Applesauce	Mixed Vegetables	Three Season	Whole Wheat Bread
Broccoli Florets	Whole Wheat Bread	Cornbread Muffin	Vegetable Blend	Margarine
Whole Wheat Bread	Margarine	Margarine	Whole Wheat Bread	Fig Bar
Margarine	Grape Juice	Apple Juice	Margarine	8 2
Apple Juice			Oatmeal Crème Cookie	
27	28	29	30	31
Breaded Chicken Patty	Pork Patty w/Brown	Thai Chili Meatballs	Three Cheese Ravioli &	Chipotle Meatloaf
Whole Kernel Corn	Gravy	w/Rice	Spinach Alfredo	Red Skin Potatoes
Spring Vegetable Blend		Green Pea Blend	Mixed Vegetables	Green Beans
Cornbread Muffin	Sweet Potatoes	Broccoli Florets	Cauliflower	Cornbread Muffin
Margarine	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Margarine
Chocolate Chip Cookie	Margarine Strawborry Coroal Bar	Margarine	Margarine Raisins	Applesauce Cup
	Strawberry Cereal Bar	Apple Juice Graham Crackers	raisiiis	
OR	OR	OR	OR	OR
Meatballs over	Chicken & Apricot Rice		Breakfast Scramble	Macaroni & Cheese
Pizzaiola Sauce	Carrots	Wedge	Asparagus	Bean Blend
Green Beans	Brussels Sprouts	Autumn Vegetable	Hash Browns	Brussels Sprouts
Carrots	Whole Wheat Bread	Blend	Whole Wheat Bread	Cornbread Muffin
Cornbread Muffin	Margarine	Butternut Squash	Margarine	Margarine
Margarine	Strawberry Cereal Bar	Whole Wheat Bread	Raisins	Applesauce Cup
Chocolate Chip Cookie		Margarine		
		Apple Juice Graham Crackers		
	1		1	

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