


**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

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

All meals served with milk.

This menu is based on product availability, substitutions may be made.



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

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