MEALS on WHEELS NORTH CENTRAL TEXAS

Your Copy to Keep

November 2026

Find the menu that applies to you

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

Call or Text 88.869.6325 Online: www.mownct.org/cancel-my-meal

Choice A/B

Based on product availability, substitutions may occur.

2 **A)** Citrus Mojo Chicken **B)** 10 Grain Pollock Brown Rice Oregano Green Beans Texas Bread Oatmeal Raisin Cookie	**3** **A)** Marsala Beef Meatballs **B)** Rosemary Pork Loins Pesto Penne Pasta Scalloped Tomatoes Wheat Bread Fresh Fruit	**4** **A)** Oven Fried Pork Chop **B)** Oven Fried Chicken Butternut Squash Tangy Spinach Fruited Strawberry Gelatin	**5** **A)** Homemade Meatloaf w/ Tomato Gravy **B)** Herbed Turkey Breast Parslied Potatoes Summer Vegetables Dinner Roll Coconut Cake	**6** **A)** King Ranch Chicken Casserole **B)** Bean Tamale Pie Cheesy Chile Rice Parslied Carrots Fresh Fruit
9 **A)** Turkey Swiss Melt **B)** Hot Ham & Cheese Whole Kernel Corn Parslied Carrots Texas Bread Cinnamon Sugar Cookie	**10** **A)** Horseradish Beef Meatballs **B)** Honey Mustard Chicken Couscous Stewed Tomatoes Wheat Bread Fresh Fruit	**11** **A)** Chicken Tenders with Country Gravy **B)** Steak Fingers with Country Gravy Whipped Potatoes with Skins Herbed Green Beans Wheat Bread Tres Leches Cake	**12** **A)** Cheese Enchiladas with Enchilada Sauce **B)** Chicken Enchiladas with Southwest Ancho Sauce Spanish Rice Black Beans Lime Gelatin	**13** **A)** Cuban Shredded Pork **B)** Pineapple Pulled Chicken Roasted Latin Potatoes Mixed Vegetables Hamburger Bun Fresh Fruit
16 **A)** Chicken Pot Pie **B)** Cheesy Beef Macaroni Lentils Country Tomatoes Chocolate Mousse	**17** **A)** Hamburger Patty **B)** BBQ Pork Rib Patty Lettuce and Tomato Oven Roasted Potatoes Honey Herb Carrots Hamburger Bun Fresh Banana Mustard/Ketchup	**18** **A)** Loaded Potato Casserole **B)** Eggplant Moussaka Whole Kernel Corn Broccoli Wheat Bread Fruited Orange Gelatin	**19** **A)** BBQ Chicken Breast **B)** Mushroom Pork Roast Baked Beans Spinach Dinner Roll Carnival Cookie	**20** **A)** Beef Pot Roast with Gravy **B)** Swedish Chicken Meatballs Parslied Rice Spring Vegetables Texas Bread Fresh Fruit
23 **A)** Italian Shells and Cheese **B)** Chicken Alfredo Broccoli Diced Beets Multigrain Bread Chocolate Chip Cookie	**24** **A)** Cajun Pollock **B)** Tuscan Pork Roast Chili Beans Cauliflower Wheat Bread Fresh Fruit	**25** Turkey Breast with Gravy Cornbread Dressing Green Beans Almandine Dinner Roll Margarine Pumpkin Pie Parfait	**26** ***Closed***	**27** ***Closed***
30 **A)** Turkey Tetrazzini **B)** Spinach Macaroni and Cheese Green Beans Glazed Carrots Multigrain Bread Brownie Cookie				

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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Mighty Meals (Frozen)

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2 Turkey Tetrazzini Green Beans Glazed Carrots Multigrain Bread Brownie Cookie	**3** Kielbasa Red Beans and Rice Zucchini and Tomatoes Wheat Bread Raisins	**4** Lemon Pepper Pollock Confetti Rice Cabbage Wheat Bread Lemon Cake	**5** Beef Taco Charro Beans Hot Rosy Applesauce Flour Tortillas (2) Taco Sauce	**6** Chicken Nuggets Whipped Potatoes with Skins Garden Vegetables Dinner Roll Fig Bar
9 Salisbury Beef with Brown Gravy Garlic Whipped Potoatoes Turnip Greens Texas Bread Brownie	**10** Herbed Turkey Breast Lentil Vegetable Pilaf Broccoli Dinner Roll Raisins	**11** Mongolian Chicken Jasmine Rice Pacific Vegetables Almond Cookie	**12** Beef Spaghetti Sauce Spaghetti Noodles Cauliflower Green Beans with Onions Pineapple Upside—Down Cake	**13** Chicken Chili Mixed Vegetables Cornbread Orange Frosted Cake Sour Cream Margarine
16 Citrus Mojo Chicken Brown Rice Oregano Green Beans Texas Bread Oatmeal Raisin Cookie	**17** Marsala Beef Meatballs Pesto Penne Pasta Scalloped Tomatoes Wheat Bread Applesauce	**18** Oven Fried Pork Chop Butternut Squash Tangy Spinach Raisins	**19** Homemade Meatloaf w/ Tomato Gravy Parslied Potatoes Summer Vegetables Dinner Roll Coconut Cake	**20** King Ranch Chicken Casserole Cheesy Chile Rice Parslied Carrots Fig Bar
23 Turkey Swiss Melt Whole Kernel Corn Parslied Carrots Texas Bread Cinnamon Sugar Cookie	**24** Horseradish Beef Meatballs Couscous Stewed Tomatoes Wheat Bread Raisins	**25** Chicken Tenders with Country Gravy Whipped Potatoes with Skins Herbed Green Beans Wheat Bread Tres Leches Cake	**26** Cheese Enchiladas with Enchilada Sauce Spanish Rice Black Beans Applesauce	**27** Cuban Shredded Pork Roasted Latin Potatoes Mixed Vegetables Hambuurger Bun Craisins
30 Chicken Pot Pie Lentils Country Tomatoes Chocolate Mousse				

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Vegetarian

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2 Crispy Tofu Brown Rice Oregano Green Beans Texas Bread Oatmeal Raisin Cookie	**3** Lentil Bolognese Pesto Penne Pasta Scalloped Tomatoes Wheat Bread Fresh Fruit	**4** Vegetable Cajun Gumbo Butternut Squash Tangy Spinach Fruited Strawberry Gelatin	**5** Chickpea Italiano Parslied Potatoes Summer Vegetables Dinner Roll Coconut Cake	**6** Bean Tamale Pie Cheesy Chile Rice Parslied Carrots Fresh Fruit
9 Barley Chili Whole Kernel Corn Parslied Carrots Texas Bread Cinnamon Sugar Cookie	**10** Vegetable Paella Couscous Stewed Tomatoes Wheat Bread Fresh Fruit	**11** Chick'n Strips with Country Gravy Whipped Potatoes with Skins Herbed Green Beans Wheat Bread Tres Leche Cake	**12** Cheese Enchiladas with Enchilada Sauce Spanish Rice Black Beans Lime Gelatin	**13** Veggie Sloppy Joe Roasted Latin Potatoes Mixed Vegetables Hamburger Bun Fresh Fruit
16 Vegetarian Pot Pie Lentils Country Tomatoes Chocolate Mousse	**17** Black Bean Burger Lettuce and Tomato Oven Roasted Potatoes Honey Herb Carrots Hamburger Bun Fresh Banana Mustard and Ketchup	**18** Eggplant Moussaka Whole Kernel Corn Broccoli Wheat Bread Fruited Orange Gelatin	**19** BBQ Chick'n Strips Baked beans Spinach Dinner Roll Carnival Cookie	**20** Six Bean Stew Parslied Rice Spring Vegetables Texas Bread Fresh Fruit
23 Italian Shells and Cheese Broccoli Diced Beats Multigrain Bread Chocolate Chip Cookie	**24** Cheesy Quinoa Primavera Chili Beans Cauliflower Wheat Bread Fresh Fruit	**25** Gardenburger with Gravy Cornbread Dressing Green Beans Almandine Dinner Roll Pumpkin Pie Parfait Margarine	**26** ***Closed***	**27** ***Closed***
30 Spinach Macaroni and Cheese Green Beans Glazed Carrots Multigrain Bread Brownie Cookie				

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Vegetarian Frozen

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2 Spinach Macaroni and Cheese Green Beans Glazed Carrots Multigrain Bread Brownie Cookie	**3** Cajun Veggie Sausage Patties Red Beans and Rice Zucchini and Tomatoes Wheat Bread Raisins	**4** Lemony Chickpea Stir Fry Confetti Rice Cabbage Wheat Bread Lemon Cake	**5** Chick'n Fajita Charro Beans Hot Rosy Applesauce Flour Tortillas (2) Taco Sauce	**6** Spinach & Mushroom Crustless Quiche Whipped Potatoes with Skins Garden Vegetables Dinner Roll Fig Bar
9 Cheese Omelet Garlic Whipped Potatoes Turnip Greens Texas Bread Brownie	**10** Garlic Parmesan Couscous Lentil Vegetable Pilaf Broccoli Dinner Roll Raisins	**11** Broccoli Chickpea Curry Jasmine Rice Pacific Vegetables Almond Cookie	**12** Eggplant Parmesan Spaghetti Noodles Cauliflower Green Beans with Onions Pineapple Upside—Down Cake	**13** White Bean Chili Shredded Cheese/Diced Red Onion Mixed Vegetables Cornbread Orange Frosted Cake Sour Cream Margarine
16 Crispy Tofu Brown Rice Oregano Green Beans Texas Bread Oatmeal Raisin Cookie	**17** Lentil Bolognese Pesto Penne Pasta Scalloped Tomatoes Wheat Bread Applesauce	**18** Vegetable Cajun Gumbo Butternut Squash Tangy Spinach Raisins	**19** Chickpea Italiano Parslied Potatoes Summer Vegetables Dinner Roll Coconut Cake	**20** Bean Tamale Pie Cheesy Chile Rice Parslied Carrots Fig Bar
23 Barley Chili Whole Kernel Corn Parslied Carrots Texas Bread Cinnamon Sugar Cookie	**24** Vegetable Paella Couscous Stewed Tomatoes Wheat Bread Raisins	**25** Chick'n Strips with Country Gravy Whipped Potatoes with Skins Herbed Green Beans Wheat Bread Tres Leche Cake	**26** Cheese Enchiladas with Enchilada Sauce Spanish Rice Black Beans Applesauce	**27** Veggie Sloppy Joe Roasted Latin Potatoes Mixed Vegetables Hamburger Bun Craisins
30 Vegetarian Pot Pie Lentils Country Tomatoes Chocolate Mousse				

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