

MEALS ON WHEELS

JUNE 2023 VEGETARIAN MENU

NOT GOING TO BE HOME? NOTIFY 48 HOURS IN ADVANCE.
Call or Text 888.869.6325 Online www.mownct.org/cancel-my-meal

10 			1 Macaroni & Cheese Carrots Green Beans WG Bread Margarine Pineapple Cup	2 Plant-Based "Chick'n Nuggets" Rice Sweet Potatoes WG Bread Margarine Applesauce
5 Black Beans with Rice and Corn Parslied Carrots WG Bread Margarine Peach Cup	6 Cheese Lasagna w/ Spinach Alfredo Sauce Mixed Vegetables WG Bread Margarine Mandarin Oranges Waffle Grahams	7 Bean Burrito w/ Queso Carrots Whole Kernel Corn Mixed Fruit Cup Corn Muffin	8 Meatless Ground Beef & Pasta Casserole Pinto Beans Steamed Carrots WG Bread Applesauce	9 Macaroni & Cheese Green Beans Carrots WG Roll Margarine Raisins
12 Cheese Lasagna with Spinach Alfredo Sauce Mixed Vegetables WG Bread Margarine Orange Juice	13 Manicotti Alfredo Yellow Corn Carrots WG Bread Grape Juice	14 Vegetarian Chili Carrots Corn Muffin Margarine Apple Juice	15 Macaroni & Cheese Carrots Green Beans WG Bread Margarine Pineapple Cup	16 Plant-Based "Chick'n Nuggets" Rice Sweet Potatoes WG Bread Margarine Applesauce
19 Black Beans with Rice and Corn Parslied Carrots WG Bread Margarine Peach Cup	20 Cheese Lasagna w/ Spinach Alfredo Sauce Mixed Vegetables WG Bread Margarine Mandarin Oranges Waffle Grahams	21 Bean Burrito w/ Queso Carrots Whole Kernel Corn Mixed Fruit Cup Corn Muffin	22 Meatless Ground Beef & Pasta Casserole Pinto Beans Steamed Carrots WG Bread Applesauce	23 Macaroni & Cheese Green Beans Carrots WG Roll Margarine Raisins
26 Cheese Lasagna with Spinach Alfredo Sauce Mixed Vegetables WG Bread Margarine Orange Juice	27 Manicotti Alfredo Yellow Corn Carrots WG Bread Grape Juice	28 Vegetarian Chili Carrots Corn Muffin Margarine Apple Juice	29 Macaroni & Cheese Carrots Green Beans WG Bread Margarine Pineapple Cup	30 Plant-Based "Chick'n Nuggets" Rice Sweet Potatoes WG Bread Margarine Applesauce

All meals served with 1% low-fat white or non-fat chocolate milk. WG = Whole Grain; WW = Whole Wheat
This menu is based on product availability, substitutions may be made.