


MEALS ON WHEELS MENU

JUNE 2023

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

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

CHOICE A	10 			1 Cavatappi Bolognese Italian Vegetable Medley WG Bread Pineapple Juice	2 Southern-Style Fish Fingers Cheesy Mashed Potatoes Broccoli WW Roll Blended Juice
	OR	OR	OR	OR	OR
CHOICE B				1 Pollock Filet Cheesy Mashed Potatoes Mixed Vegetables WG Bread Margarine Cup Pineapple Juice	2 Three Cheese Macaroni & Cheese Green Beans WW Roll Blended Juice

CHOICE A	5 Fajita Chicken Butternut Squash Black Beans WW Tortilla Blended Juice	6 Cheese Omelet Strawberry Compote Wheat Pancakes WG Bread Orange Juice	7 Vegetarian Chili Carrots WW Roll Applesauce	8 Veal Chop w/ Mustard Sage Sauce Potatoes Butternut Squash WW Roll Chocolate Chip Cookie	9 Meatballs w/ Cavatappi Pasta Broccoli WW Roll Apple Spice Cookie
	OR	OR	OR	OR	OR
CHOICE B	5 BBQ Pork Riblet Sweet Potatoes Mixed Vegetables WW Roll	6 Hamburger on Whole Grain Bun Mashed Potatoes Carrots Ketchup/Mustard	7 Beef Patty w/ Gravy Mixed Vegetables Garlic Mashed Potatoes WW Roll	8 Cheese Lasagna Roll-up w/ Spinach Alfredo Sauce Mixed Vegetables WG Bread Sugar Cookie	9 Honey Mustard Chicken Garlic Mashed Potatoes Carrots WW Roll Margarine

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All meals served with 1% low-fat white or non-fat chocolate milk. Vegetarian meals available upon request.

WG = Whole Grain; WW = Whole Wheat

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



MEALS on WHEELS
NORTH CENTRAL TEXAS

CHOICE A	12 Manicotti Alfredo w/ Vegetable Sauce Corn & Carrots WG Bread Pineapple Juice	13 Cavatappi Bolognese Italian Vegetable Medley WW Roll Applesauce	14 Beef Teriyaki White Rice Mixed Vegetables WW Roll Blended Juice	15 Western Omelet Breakfast Potatoes Strawberry Applesauce WW Roll	16 Twisted Mac N Cheese Carrots WG Bread Margarine
	OR	OR	OR	OR	OR
CHOICE B	12 Diced Chicken Green Beans Yellow Rice w/ Tomatoes & Chive WW Roll	13 Three Bean & Beef Chili Squash Medley WW Roll Orange Juice	14 Chicken & Gravy Brussels Sprouts Potatoes WW Roll Blended Juice	15 Chicken Stew Carrots Strawberry Crisp WW Roll	16 Chicken w/ Italian Sauce Garlic Mashed Potatoes Green Beans WW Roll Orange-Pineapple Juice

CHOICE A	19 Beef Patty w/ Pizzaiola Sauce Green Beans Pineapple Mandarin WW Roll	20 Pork Chop Patty w/ Gravy Sweet Potato Brussels Sprouts WW Roll Orange-Pineapple Juice	21 Black Beans & Rice w/Corn Carrots WG Bread Apple Juice	22 Sesame Chicken Broccoli w/ Shredded Carrots Cauliflower w/ Red Pepper WW Roll Orange Juice	23 Bean Burrito w/ Queso Parsley Corn Carrots WG Bread
	OR	OR	OR	OR	OR
CHOICE B	19 Twisted Mac N Cheese Carrots WG Bread Margarine	20 Meatloaf w/ Gravy Stewed Tomatoes Skin-on Potatoes WW Roll Orange-Pineapple Juice	21 Chicken Marsala Butternut Squash Green Beans WW Roll Margarine Cup	22 Cheese Omelet Fruited Granola Breakfast Potatoes WG Bread Apple Juice	23 Macaroni & Beef Casserole Spinach California Blend Vegetables WW Roll

CHOICE A	26 Batter-Dipped Fish Nuggets Garlic Mashed Potatoes Carrots WW Roll Chocolate Chip Cookie	27 Steak Patty w/ Picadillo Sweet Potato Green Peas WW Roll	28 Sweet & Sour Pork Fried Rice Corn WW Roll Applesauce	29 Cavatappi Bolognese Italian Vegetable Medley WG Bread Pineapple Juice	30 Southern-Style Fish Fingers Cheesy Mashed Potatoes Broccoli WW Roll Blended Juice
	OR	OR	OR		
CHOICE B	26 Salisbury Steak Mixed Vegetables Brown Rice WG Bread	27 Thai Ginger Curry Chicken Green Beans Carrots WG Bread Orange-Pineapple Juice	28 BBQ Pork Riblet Sweet Potatoes Mixed Vegetables WW Roll Applesauce	29 Pollock Filet Cheesy Mashed Potatoes Mixed Vegetables WG Bread Margarine Cup Pineapple Juice	30 Three Cheese Macaroni & Cheese Green Beans WW Roll Blended Juice

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