


MEALS ON WHEELS NORTH CENTAL TEXAS

DECEMBER 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	9 				1 Sesame Chicken Broccoli w/ Shredded Carrot Cauliflower & Red Peppers White Bread Lemon Crème Cookie Apple Juice
	OR	OR	OR	OR	OR
CHOICE B					1 Salisbury Steak Mixed Vegetables Brown Rice WG Bread Blended Juice

CHOICE A	4 Beef Teriyaki Patty Rice Mixed Vegetables WG Bread	5 Fajita Chicken Butternut Squash Black Beans White Bread Apple Juice	6 Macaroni & Beef Casserole Spinach Neopolitan California Blend Vegetables Oatmeal Raisin Cookie White Bread	7 BBQ Pork Riblet Mixed Vegetables Sweet Potato Dinner Roll Margarine Blended Juice	8 Black Beans and Rice w/ Corn Carrots WG Bread Peanut Butter
	OR	OR	OR	OR	OR
CHOICE B	4 Chicken w/ Gravy Breakfast Potatoes Brussel Sprouts WG Bread Peanut Butter	5 Twisted Mac & Cheese Carrots WG Bread Apple Juice	6 Chicken w/ Italian Sauce Green Beans Garlic Mashed Potatoes White Bread Oatmeal Raisin Cookie	7 Hamburger Mashed Potatoes Carrots Hamburger Bun Ketchup/Mustard Blended Juice	8 Sweet & Sour Pork Fried Rice Parsley Corn WG Bread Honey Graham Crackers



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.



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CHOICE A	11 Meatloaf w/ Apple Brown Gravy Breakfast Potatoes Stewed Tomatoes WG Bread Apple Juice	12 Batter-Dipped Fish Nuggets Garlic Mashed Potatoes Carrots WG Bread Banana Crème Sandwich Cookie Margarine	13 Meatballs w/ Orange Sauce White Rice Green Peas WG Bread Margarine Apple Juice	14 Chicken Marsala Butternut Squash Green Beans WG Bread Lemon Crème Sandwich Cookie Margarine	15 Steak Patty w/ Picadillo Sauce Sweet Potatoes Green Peas White Bread Apple Juice
	OR	OR	OR	OR	OR
CHOICE B	11 Three Cheese Macaroni Carrots Green Beans White Bread Apple Juice	12 Omelet w/Western Sauce & Sausage Link Breakfast Potatoes Strawberry Applesauce Crisp White Bread	13 Veggie Chili w/ Pinto Beans Carrots White Bread Peanut Butter Apple Juice	14 Veal Chop w/ Mustard Sage Sauce Mashed Potatoes Butternut Squash WG Bread Honey Graham Crackers	15 Chicken Stew Carrots Strawberry Applesauce Crisp White Bread Apple Juice

CHOICE A	18 Koren BBQ Pork Riblet Broccoli Coconut Pineapple Mandarin WG Bread Peanuts	19 Manicotti w/ Alfredo Vegetable Sauce Corn Carrots Dinner Roll Apple Juice	20 Pork Chop Patty w/ Homestyle Sauce Sweet Potatoes Brussel Sprouts White Bread Sugar Cookie	21 Hamburger Mashed Potatoes Carrots Hamburger Bun Ketchup/Mustard	22 Thai Ginger Curry Chicken Green Beans Carrots WG Bread Strawberry Cookie Margarine
	OR	OR	OR	OR	OR
CHOICE B	18 Three Bean Beef Chili Squash Medley White Bread Pineapple Juice	19 Diced Chicken Green Beans w/ Red Peppers Yellow Rice w/ Tomato & Chives Dinner Roll	20 Beef Patty w/ Gravy Mixed Vegetables Garlic Mashed Potatoes Sugar Cookie WG Bread	21 Fish Filet w/Seafood Sauce Brown Rice Yellow Corn WG Bread Blended Juice	22 Pork Chop Patty w/Sofrito Cilantro Stewed Tomatoes Sweet Potato Dinner Roll Strawberry Cookie

CHOICE A	25  OFFICE CLOSED	26  OFFICE CLOSED	27 Honey Mustard Chicken Carrots Garlic Mashed Potatoes Dinner Roll Margarine Orange Juice	28 Breaded Pollock Mixed Vegetables Cheesy Potatoes White Bread Margarine	29 Sesame Chicken Broccoli w/Shredded Carrot Cauliflower & Red Peppers White Bread Lemon Cookie Apple Juice
	OR	OR			
CHOICE B	25	26	27 Cheese Lasagna w/Spinach Alfredo Sauce Mixed Vegetables WG Bread Orange Juice	28 Cheese Omelet w/Sausage Breakfast Potatoes Fruited Granola Mix WG Bread Blend Juice	29 Salisbury Steak Mixed Vegetables Brown Rice WG Bread Blended Juice