

# MEALS ON WHEELS NORTH CENTRAL TEXAS

## DECEMBER 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](http://www.mownct.org/cancel-my-meal)

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