

MEALS ON WHEELS NORTH CENTRAL TEXAS

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

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

MAY 2025

ONCE-A-WEEK DELIVERIES

28	29	30	01	02
<div>10</div> 			Red Beans & Rice with Sausage Corn with Peppers Butternut Squash Cornbread Muffin Margarine Milk Applesauce Cup	Chicken & New Orleans Style Rice Four Seasons Vegetable Blend Sweet Potatoes Whole Wheat Bread Margarine Milk Cherry Cookie
05	06	07	08	09
Honey Mustard Chicken Tenders Spinach Carrots Whole Wheat Bread Margarine Milk Dragon Punch Juice Banana Crème Cookies	Breaded Pollock w/Parma Rosa Sauce Corn with Peppers Italian Green Beans Whole Wheat Bread Margarine Milk Strawberry Applesauce Cup Snickerdoodle Cookie	Huevos Rancheros Red Skin Potatoes Broccoli Florets Whole Wheat Bread Margarine Milk Raisins	NY Beef Strip Patty & Gravy Spinach Four Seasons Vegetable Blend Cornbread Muffin Margarine Milk Oatmeal Crème Cookie	Turkey Meatloaf w/Zesty Orange Sauce Three Seasons Vegetable Blend Italian Green Beans Whole Wheat Bread Margarine Milk Star Crunch Cookie
12	13	14	15	16
Cheese Lasagna with Meat Sauce Spinach Corn with Peppers Whole Wheat Bread Margarine Milk Apple Juice	Rosemary Chicken Lima Beans Spring Vegetable Blend Cornbread Muffin Margarine Milk Orange Juice Graham Crackers	Ginger Pork Red Skin Potatoes Green Pea Blend Whole Wheat Bread Margarine Milk Campfire S'mores Bar	Beef Patty Carrots Brussels Sprouts Bran Muffin Margarine Milk Grape Juice	Pollock Nuggets Northern Beans Broccoli Florets Whole Wheat Bread Margarine Milk Dragon Punch Juice Banana Crème Cookies
19	20	21	22	23
Breakfast Burrito with Salsa Applesauce Hash Browns Whole Wheat Bread Margarine Milk Dragon Punch Juice	Homestyle Meatloaf Red Skin Potatoes Winter Vegetable Blend Whole Wheat Bread Margarine Milk Grape Juice Vanilla Crème Cookies	Chicken & Apricot Rice Carrots Brussel Sprouts Whole Wheat Bread Margarine Milk Apple Juice Graham Crackers	Pollock with Coconut Rice Three Season Vegetable Blend Broccoli Florets Whole Wheat Bread Margarine Milk Apple Spice Cookie	Southwest Casserole Sweet Potatoes Brussel Sprouts Whole Wheat Bread Margarine Milk Pear Cup

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

26	27	28	29	30
Spaghetti & Meatballs Whole Kernel Corn Broccoli Florets Whole Wheat Bread Margarine Milk Chocolate Crème Cookies	Pork Patty & Gravy Spinach Sweet Potatoes Cornbread Muffin Margarine Milk Raisins	Breaded Pollock Green Pea Blend Carrots Whole Wheat Bread Margarine Milk Mixed Fruit Cup Strawberry Crisp Bar	Chicken Tenders & Zesty Orange Rice Bean Blend Three Seasons Vegetable Blend Whole Wheat Bread Margarine Milk Snickerdoodle Cookie	Creamy Country Fried Steak Red Skin Potatoes Mixed Vegetables Whole Wheat Bread Margarine Milk Dragon Punch Juice