## MEALS ON WHEELS NORTH CENTRAL TEXAS

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

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## MAY 2025

## **GLUTEN FREE**

28	29	30	01	02
10			Red Beans and Rice	Cacciatore Chicken
			w/Sausage	Tenders
			Corn with Peppers	Red Skin Potatoes
			Butternut Squash	Asparagus
PHIMERE			Gluten Free Multigrain	Gluten Free Multigrain
			Bread	Bread
			Margarine	Margarine
			Milk	Milk
			Apple Juice	Mandarin Orange Cup
				Grape Juice
05	06	07	08	09
Chicken Chili w/Beans	Fried Egg Patties	Chimichurri Chicken	Beef Patty	Chicken Florentine Rice
Cauliflower	Sweet Potatoes	Stewed Tomatoes	Carrots	Asparagus
Spring Vegetable Blend	Asparagus	Black Beans & Corn	Brussels Sprouts	Carrots
Gluten Free Multigrain	Gluten Free Multigrain	Gluten Free Multigrain	Gluten Free Multigrain	Gluten Free Multigrain
Bread	Bread	Bread	Bread	Bread
Margarine	Margarine	Margarine	Margarine	Margarine
Milk	Milk	Milk	Milk	Milk
Grape Juice	Orange Juice	Apple Juice	Grape Juice	Raisins
Applesauce Cup	Raisins	Tropical Fruit Cup	Mandarin Orange Cup	
			0 1	
10	10			
	13	1/	15	16
12 Beef Chili w/Beans	13 BBO Chicken	14 Breakfast Scramble	15 Red Beans and Rice	
Beef Chili w/Beans	BBQ Chicken	Breakfast Scramble	Red Beans and Rice	Cacciatore Chicken
Beef Chili w/Beans Carrots	BBQ Chicken Succotash	Breakfast Scramble Asparagus	Red Beans and Rice w/Sausage	Cacciatore Chicken Tenders
Beef Chili w/Beans Carrots Broccoli Florets	BBQ Chicken Succotash Green Beans	Breakfast Scramble Asparagus Hash Brown Potatoes	Red Beans and Rice w/Sausage Corn with Peppers	Cacciatore Chicken Tenders Red Skin Potatoes
Beef Chili w/Beans Carrots Broccoli Florets Gluten Free Multigrain	BBQ Chicken Succotash Green Beans Gluten Free Multigrain	Breakfast Scramble Asparagus Hash Brown Potatoes Gluten Free Multigrain	Red Beans and Rice w/Sausage Corn with Peppers Butternut Squash	Cacciatore Chicken Tenders Red Skin Potatoes Asparagus
Beef Chili w/Beans Carrots Broccoli Florets Gluten Free Multigrain Bread	BBQ Chicken Succotash Green Beans Gluten Free Multigrain Bread	Breakfast Scramble Asparagus Hash Brown Potatoes Gluten Free Multigrain Bread	Red Beans and Rice w/Sausage Corn with Peppers Butternut Squash Gluten Free Multigrain	Cacciatore Chicken Tenders Red Skin Potatoes Asparagus Gluten Free Multigrain
Beef Chili w/Beans Carrots Broccoli Florets Gluten Free Multigrain Bread Margarine	BBQ Chicken Succotash Green Beans Gluten Free Multigrain Bread Margarine	Breakfast Scramble Asparagus Hash Brown Potatoes Gluten Free Multigrain Bread Margarine	Red Beans and Rice w/Sausage Corn with Peppers Butternut Squash Gluten Free Multigrain Bread	Cacciatore Chicken Tenders Red Skin Potatoes Asparagus Gluten Free Multigrain Bread
Beef Chili w/Beans Carrots Broccoli Florets Gluten Free Multigrain Bread Margarine Milk	BBQ Chicken Succotash Green Beans Gluten Free Multigrain Bread Margarine Milk	Breakfast Scramble Asparagus Hash Brown Potatoes Gluten Free Multigrain Bread Margarine Milk	Red Beans and Rice w/Sausage Corn with Peppers Butternut Squash Gluten Free Multigrain Bread Margarine	Cacciatore Chicken Tenders Red Skin Potatoes Asparagus Gluten Free Multigrain Bread Margarine
Beef Chili w/Beans Carrots Broccoli Florets Gluten Free Multigrain Bread Margarine	BBQ Chicken Succotash Green Beans Gluten Free Multigrain Bread Margarine Milk Orange Juice	Breakfast Scramble Asparagus Hash Brown Potatoes Gluten Free Multigrain Bread Margarine	Red Beans and Rice w/Sausage Corn with Peppers Butternut Squash Gluten Free Multigrain Bread Margarine Milk	Cacciatore Chicken Tenders Red Skin Potatoes Asparagus Gluten Free Multigrain Bread Margarine Milk
Beef Chili w/Beans Carrots Broccoli Florets Gluten Free Multigrain Bread Margarine Milk	BBQ Chicken Succotash Green Beans Gluten Free Multigrain Bread Margarine Milk	Breakfast Scramble Asparagus Hash Brown Potatoes Gluten Free Multigrain Bread Margarine Milk	Red Beans and Rice w/Sausage Corn with Peppers Butternut Squash Gluten Free Multigrain Bread Margarine	Cacciatore Chicken Tenders Red Skin Potatoes Asparagus Gluten Free Multigrain Bread Margarine Milk Mandarin Orange Cup
Beef Chili w/Beans Carrots Broccoli Florets Gluten Free Multigrain Bread Margarine Milk	BBQ Chicken Succotash Green Beans Gluten Free Multigrain Bread Margarine Milk Orange Juice	Breakfast Scramble Asparagus Hash Brown Potatoes Gluten Free Multigrain Bread Margarine Milk	Red Beans and Rice w/Sausage Corn with Peppers Butternut Squash Gluten Free Multigrain Bread Margarine Milk	Cacciatore Chicken Tenders Red Skin Potatoes Asparagus Gluten Free Multigrain Bread Margarine Milk
Beef Chili w/Beans Carrots Broccoli Florets Gluten Free Multigrain Bread Margarine Milk Tropical Fruit Cup	BBQ Chicken Succotash Green Beans Gluten Free Multigrain Bread Margarine Milk Orange Juice Tropical Fruit Cup	Breakfast Scramble Asparagus Hash Brown Potatoes Gluten Free Multigrain Bread Margarine Milk Raisins	Red Beans and Rice w/Sausage Corn with Peppers Butternut Squash Gluten Free Multigrain Bread Margarine Milk Apple Juice	Cacciatore Chicken Tenders Red Skin Potatoes Asparagus Gluten Free Multigrain Bread Margarine Milk Mandarin Orange Cup Grape Juice
Beef Chili w/Beans Carrots Broccoli Florets Gluten Free Multigrain Bread Margarine Milk Tropical Fruit Cup 19	BBQ Chicken Succotash Green Beans Gluten Free Multigrain Bread Margarine Milk Orange Juice Tropical Fruit Cup 20	Breakfast Scramble Asparagus Hash Brown Potatoes Gluten Free Multigrain Bread Margarine Milk	Red Beans and Rice w/Sausage Corn with Peppers Butternut Squash Gluten Free Multigrain Bread Margarine Milk Apple Juice	Cacciatore Chicken Tenders Red Skin Potatoes Asparagus Gluten Free Multigrain Bread Margarine Milk Mandarin Orange Cup Grape Juice 23
Beef Chili w/Beans Carrots Broccoli Florets Gluten Free Multigrain Bread Margarine Milk Tropical Fruit Cup	BBQ Chicken Succotash Green Beans Gluten Free Multigrain Bread Margarine Milk Orange Juice Tropical Fruit Cup	Breakfast Scramble Asparagus Hash Brown Potatoes Gluten Free Multigrain Bread Margarine Milk Raisins 21	Red Beans and Rice w/Sausage Corn with Peppers Butternut Squash Gluten Free Multigrain Bread Margarine Milk Apple Juice	Cacciatore Chicken Tenders Red Skin Potatoes Asparagus Gluten Free Multigrain Bread Margarine Milk Mandarin Orange Cup Grape Juice 23 Chicken Florentine Rice
Beef Chili w/Beans Carrots Broccoli Florets Gluten Free Multigrain Bread Margarine Milk Tropical Fruit Cup 19 Chicken Chili w/Beans Cauliflower	BBQ Chicken Succotash Green Beans Gluten Free Multigrain Bread Margarine Milk Orange Juice Tropical Fruit Cup 20 Fried Egg Patties Sweet Potatoes	Breakfast Scramble Asparagus Hash Brown Potatoes Gluten Free Multigrain Bread Margarine Milk Raisins 21 Chimichurri Chicken Stewed Tomatoes	Red Beans and Rice w/Sausage Corn with Peppers Butternut Squash Gluten Free Multigrain Bread Margarine Milk Apple Juice 22 Beef Patty Carrots	Cacciatore Chicken Tenders Red Skin Potatoes Asparagus Gluten Free Multigrain Bread Margarine Milk Mandarin Orange Cup Grape Juice 23 Chicken Florentine Rice Asparagus
Beef Chili w/Beans Carrots Broccoli Florets Gluten Free Multigrain Bread Margarine Milk Tropical Fruit Cup 19 Chicken Chili w/Beans Cauliflower Spring Vegetable Blend	BBQ Chicken Succotash Green Beans Gluten Free Multigrain Bread Margarine Milk Orange Juice Tropical Fruit Cup 20 Fried Egg Patties Sweet Potatoes Asparagus	Breakfast Scramble Asparagus Hash Brown Potatoes Gluten Free Multigrain Bread Margarine Milk Raisins 21 Chimichurri Chicken Stewed Tomatoes Black Beans & Corn	Red Beans and Rice w/Sausage Corn with Peppers Butternut Squash Gluten Free Multigrain Bread Margarine Milk Apple Juice 22 Beef Patty Carrots Brussels Sprouts	Cacciatore Chicken Tenders Red Skin Potatoes Asparagus Gluten Free Multigrain Bread Margarine Milk Mandarin Orange Cup Grape Juice 23 Chicken Florentine Rice Asparagus Carrots
Beef Chili w/Beans Carrots Broccoli Florets Gluten Free Multigrain Bread Margarine Milk Tropical Fruit Cup 19 Chicken Chili w/Beans Cauliflower	BBQ Chicken Succotash Green Beans Gluten Free Multigrain Bread Margarine Milk Orange Juice Tropical Fruit Cup 20 Fried Egg Patties Sweet Potatoes	Breakfast Scramble Asparagus Hash Brown Potatoes Gluten Free Multigrain Bread Margarine Milk Raisins 21 Chimichurri Chicken Stewed Tomatoes	Red Beans and Rice w/Sausage Corn with Peppers Butternut Squash Gluten Free Multigrain Bread Margarine Milk Apple Juice 22 Beef Patty Carrots	Cacciatore Chicken Tenders Red Skin Potatoes Asparagus Gluten Free Multigrain Bread Margarine Milk Mandarin Orange Cup Grape Juice 23 Chicken Florentine Rice Asparagus
Beef Chili w/Beans Carrots Broccoli Florets Gluten Free Multigrain Bread Margarine Milk Tropical Fruit Cup 19 Chicken Chili w/Beans Cauliflower Spring Vegetable Blend Gluten Free Multigrain Bread	BBQ Chicken Succotash Green Beans Gluten Free Multigrain Bread Margarine Milk Orange Juice Tropical Fruit Cup 20 Fried Egg Patties Sweet Potatoes Asparagus Gluten Free Multigrain Bread	Breakfast Scramble Asparagus Hash Brown Potatoes Gluten Free Multigrain Bread Margarine Milk Raisins 21 Chimichurri Chicken Stewed Tomatoes Black Beans & Corn Gluten Free Multigrain Bread	Red Beans and Rice w/Sausage Corn with Peppers Butternut Squash Gluten Free Multigrain Bread Margarine Milk Apple Juice 22 Beef Patty Carrots Brussels Sprouts Gluten Free Multigrain Bread	Cacciatore Chicken Tenders Red Skin Potatoes Asparagus Gluten Free Multigrain Bread Margarine Milk Mandarin Orange Cup Grape Juice 23 Chicken Florentine Rice Asparagus Carrots Gluten Free Multigrain Bread
Beef Chili w/Beans Carrots Broccoli Florets Gluten Free Multigrain Bread Margarine Milk Tropical Fruit Cup 19 Chicken Chili w/Beans Cauliflower Spring Vegetable Blend Gluten Free Multigrain	BBQ Chicken Succotash Green Beans Gluten Free Multigrain Bread Margarine Milk Orange Juice Tropical Fruit Cup 20 Fried Egg Patties Sweet Potatoes Asparagus Gluten Free Multigrain	Breakfast Scramble Asparagus Hash Brown Potatoes Gluten Free Multigrain Bread Margarine Milk Raisins 21 Chimichurri Chicken Stewed Tomatoes Black Beans & Corn Gluten Free Multigrain	Red Beans and Rice w/Sausage Corn with Peppers Butternut Squash Gluten Free Multigrain Bread Margarine Milk Apple Juice 22 Beef Patty Carrots Brussels Sprouts Gluten Free Multigrain	Cacciatore Chicken Tenders Red Skin Potatoes Asparagus Gluten Free Multigrain Bread Margarine Milk Mandarin Orange Cup Grape Juice 23 Chicken Florentine Rice Asparagus Carrots Gluten Free Multigrain
Beef Chili w/Beans Carrots Broccoli Florets Gluten Free Multigrain Bread Margarine Milk Tropical Fruit Cup Chicken Chili w/Beans Cauliflower Spring Vegetable Blend Gluten Free Multigrain Bread Margarine Milk	BBQ Chicken Succotash Green Beans Gluten Free Multigrain Bread Margarine Milk Orange Juice Tropical Fruit Cup 20 Fried Egg Patties Sweet Potatoes Asparagus Gluten Free Multigrain Bread Margarine Milk	Breakfast Scramble Asparagus Hash Brown Potatoes Gluten Free Multigrain Bread Margarine Milk Raisins 21 Chimichurri Chicken Stewed Tomatoes Black Beans & Corn Gluten Free Multigrain Bread Margarine Milk	Red Beans and Rice w/Sausage Corn with Peppers Butternut Squash Gluten Free Multigrain Bread Margarine Milk Apple Juice 22 Beef Patty Carrots Brussels Sprouts Gluten Free Multigrain Bread Margarine Milk	Cacciatore Chicken Tenders Red Skin Potatoes Asparagus Gluten Free Multigrain Bread Margarine Milk Mandarin Orange Cup Grape Juice 23 Chicken Florentine Rice Asparagus Carrots Gluten Free Multigrain Bread Margarine Milk
Beef Chili w/Beans Carrots Broccoli Florets Gluten Free Multigrain Bread Margarine Milk Tropical Fruit Cup Chicken Chili w/Beans Cauliflower Spring Vegetable Blend Gluten Free Multigrain Bread Margarine Milk Grape Juice	BBQ Chicken Succotash Green Beans Gluten Free Multigrain Bread Margarine Milk Orange Juice Tropical Fruit Cup 20 Fried Egg Patties Sweet Potatoes Asparagus Gluten Free Multigrain Bread Margarine	Breakfast Scramble Asparagus Hash Brown Potatoes Gluten Free Multigrain Bread Margarine Milk Raisins 21 Chimichurri Chicken Stewed Tomatoes Black Beans & Corn Gluten Free Multigrain Bread Margarine Milk Apple Juice	Red Beans and Rice w/Sausage Corn with Peppers Butternut Squash Gluten Free Multigrain Bread Margarine Milk Apple Juice 22 Beef Patty Carrots Brussels Sprouts Gluten Free Multigrain Bread Margarine Milk Grape Juice	Cacciatore Chicken Tenders Red Skin Potatoes Asparagus Gluten Free Multigrain Bread Margarine Milk Mandarin Orange Cup Grape Juice 23 Chicken Florentine Rice Asparagus Carrots Gluten Free Multigrain Bread Margarine
Beef Chili w/Beans Carrots Broccoli Florets Gluten Free Multigrain Bread Margarine Milk Tropical Fruit Cup Chicken Chili w/Beans Cauliflower Spring Vegetable Blend Gluten Free Multigrain Bread Margarine Milk	BBQ Chicken Succotash Green Beans Gluten Free Multigrain Bread Margarine Milk Orange Juice Tropical Fruit Cup 20 Fried Egg Patties Sweet Potatoes Asparagus Gluten Free Multigrain Bread Margarine Milk Orange Juice	Breakfast Scramble Asparagus Hash Brown Potatoes Gluten Free Multigrain Bread Margarine Milk Raisins 21 Chimichurri Chicken Stewed Tomatoes Black Beans & Corn Gluten Free Multigrain Bread Margarine Milk	Red Beans and Rice w/Sausage Corn with Peppers Butternut Squash Gluten Free Multigrain Bread Margarine Milk Apple Juice 22 Beef Patty Carrots Brussels Sprouts Gluten Free Multigrain Bread Margarine Milk	Cacciatore Chicken Tenders Red Skin Potatoes Asparagus Gluten Free Multigrain Bread Margarine Milk Mandarin Orange Cup Grape Juice 23 Chicken Florentine Rice Asparagus Carrots Gluten Free Multigrain Bread Margarine Milk

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

26	27	28	29	30
Beef Chili w/Beans	BBQ Chicken	Breakfast Scramble	Red Beans and Rice	Cacciatore Chicken
Carrots	Succotash	Asparagus	w/Sausage	Tenders
Broccoli Florets	Green Beans	Hash Brown Potatoes	Corn with Peppers	Red Skin Potatoes
Gluten Free Multigrain	Gluten Free Multigrain	Gluten Free Multigrain	Butternut Squash	Asparagus
Bread	Bread	Bread	Gluten Free Multigrain	Gluten Free Multigrain
Margarine	Margarine	Margarine	Bread	Bread
Milk	Milk	Milk	Margarine	Margarine
Tropical Fruit Cup	Orange Juice	Raisins	Milk	Milk
	Tropical Fruit Cup		Apple Juice	Mandarin Orange Cup
				Grape Juice