

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

GLUTEN FREE

28	29	30	01	02
<div>10</div> 			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
05	06	07	08	09
Chicken Chili w/Beans Cauliflower Spring Vegetable Blend Gluten Free Multigrain Bread Margarine Milk Grape Juice Applesauce Cup	Fried Egg Patties Sweet Potatoes Asparagus Gluten Free Multigrain Bread Margarine Milk Orange Juice Raisins	Chimichurri Chicken Stewed Tomatoes Black Beans & Corn Gluten Free Multigrain Bread Margarine Milk Apple Juice Tropical Fruit Cup	Beef Patty Carrots Brussels Sprouts Gluten Free Multigrain Bread Margarine Milk Grape Juice Mandarin Orange Cup	Chicken Florentine Rice Asparagus Carrots Gluten Free Multigrain Bread Margarine Milk Raisins
12	13	14	15	16
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
19	20	21	22	23
Chicken Chili w/Beans Cauliflower Spring Vegetable Blend Gluten Free Multigrain Bread Margarine Milk Grape Juice Applesauce Cup	Fried Egg Patties Sweet Potatoes Asparagus Gluten Free Multigrain Bread Margarine Milk Orange Juice Raisins	Chimichurri Chicken Stewed Tomatoes Black Beans & Corn Gluten Free Multigrain Bread Margarine Milk Apple Juice Tropical Fruit Cup	Beef Patty Carrots Brussels Sprouts Gluten Free Multigrain Bread Margarine Milk Grape Juice Mandarin Orange Cup	Chicken Florentine Rice Asparagus Carrots Gluten Free Multigrain Bread Margarine Milk Raisins

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

26	27	28	29	30
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