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

HIGH CALORIE, HIGH PROTEIN

28	29	30	01	02
10			Chicken Tenders over	Pepper & Beef Patty
			Zesty Orange Rice	w/Gravy
			Bean Blend	Spinach
			Three Seasons	Sweet Potatoes
			Vegetable Blend	Cornbread Muffin
EMIME			Whole Wheat Bread	Margarine
			Margarine	Milk
			Milk	Apple Cereal Bar
			Oatmeal Crème Cookie	
05		07	08	09
Chicken & Dumplings	Smoked Sausage	Meatballs with Rice &	Creamy Breaded	Cheese Pizza
Lima Beans	w/Mac & Cheese	Gravy	Chicken	Mixed Vegetables
Winter Vegetable Blend	Cauliflower	Spinach	Lima Beans	Bean Blend
Cornbread Muffin	Bean Blend	Bean Blend	Mixed Vegetables	Whole Wheat Bread
Margarine	Whole Wheat Bread	Cornbread Muffin	Cornbread Muffin	Margarine
Milk Oatmeal Crème Cookie	Margarine	Margarine	Margarine	Milk
Oatmeal Creme Cookle	Milk	Milk Strawberry Cereal Bar	Milk Chocolate Crème	Apple Cereal Bar
	Chocolate Chip Cookie	Strawberry Gereal Dai	Cookies	
			Cookies	
12	13	14	15	16
Cilantro Lime Meatballs	Chicken Noodle	Breakfast Burrito	Chicken Tenders over	Pepper & Beef Patty
w/Rice	Casserole	w/Salsa	Zesty Orange Rice	w/Gravy
Bean Blend	Bean Blend Three Seasons	Applesauce Hash Browns	Bean Blend Three Seasons	Spinach Sweet Potatoes
Carrots Whole Wheat Bread	Vegetable Blend	Whole Wheat Bread	Vegetable Blend	Cornbread Muffin
	Cornbread Muffin		Whole Wheat Bread	
Margarine Milk	Margarine	Margarine Milk	Margarine	Margarine Milk
Chocolate Crème	Milk	Orange Juice	Milk	Apple Cereal Bar
Cookies		Orange Juice	IVIIIIX	Apple ocical bai
COUNTES	Chocolate Chin Cookie	Strawberry Cereal Bar	Oatmeal Crème Cookie	
	Chocolate Chip Cookie	Strawberry Cereal Bar	Oatmeal Crème Cookie	
	Chocolate Chip Cookie	Strawberry Cereal Bar	Oatmeal Crème Cookie	
19		Strawberry Cereal Bar	Oatmeal Crème Cookie	23
19 Chicken & Dumplings				23 Cheese Pizza
	20	21	22	_
Chicken & Dumplings	20 Smoked Sausage	21 Meatballs with Rice &	22 Creamy Breaded	Cheese Pizza
Chicken & Dumplings Lima Beans Winter Vegetable Blend Cornbread Muffin	Smoked Sausage w/Mac & Cheese Cauliflower Bean Blend	21 Meatballs with Rice & Gravy Spinach Bean Blend	22 Creamy Breaded Chicken	Cheese Pizza Mixed Vegetables Bean Blend Whole Wheat Bread
Chicken & Dumplings Lima Beans Winter Vegetable Blend Cornbread Muffin Margarine	20 Smoked Sausage w/Mac & Cheese Cauliflower Bean Blend Whole Wheat Bread	21 Meatballs with Rice & Gravy Spinach Bean Blend Cornbread Muffin	Creamy Breaded Chicken Lima Beans Mixed Vegetables Cornbread Muffin	Cheese Pizza Mixed Vegetables Bean Blend Whole Wheat Bread Margarine
Chicken & Dumplings Lima Beans Winter Vegetable Blend Cornbread Muffin Margarine Milk	Smoked Sausage w/Mac & Cheese Cauliflower Bean Blend Whole Wheat Bread Margarine	21 Meatballs with Rice & Gravy Spinach Bean Blend Cornbread Muffin Margarine	Creamy Breaded Chicken Lima Beans Mixed Vegetables Cornbread Muffin Margarine	Cheese Pizza Mixed Vegetables Bean Blend Whole Wheat Bread Margarine Milk
Chicken & Dumplings Lima Beans Winter Vegetable Blend Cornbread Muffin Margarine	Smoked Sausage w/Mac & Cheese Cauliflower Bean Blend Whole Wheat Bread Margarine Milk	Meatballs with Rice & Gravy Spinach Bean Blend Cornbread Muffin Margarine Milk	Creamy Breaded Chicken Lima Beans Mixed Vegetables Cornbread Muffin Margarine Milk	Cheese Pizza Mixed Vegetables Bean Blend Whole Wheat Bread Margarine
Chicken & Dumplings Lima Beans Winter Vegetable Blend Cornbread Muffin Margarine Milk	Smoked Sausage w/Mac & Cheese Cauliflower Bean Blend Whole Wheat Bread Margarine	21 Meatballs with Rice & Gravy Spinach Bean Blend Cornbread Muffin Margarine	Creamy Breaded Chicken Lima Beans Mixed Vegetables Cornbread Muffin Margarine Milk Chocolate Crème	Cheese Pizza Mixed Vegetables Bean Blend Whole Wheat Bread Margarine Milk
Chicken & Dumplings Lima Beans Winter Vegetable Blend Cornbread Muffin Margarine Milk	Smoked Sausage w/Mac & Cheese Cauliflower Bean Blend Whole Wheat Bread Margarine Milk	Meatballs with Rice & Gravy Spinach Bean Blend Cornbread Muffin Margarine Milk	Creamy Breaded Chicken Lima Beans Mixed Vegetables Cornbread Muffin Margarine Milk	Cheese Pizza Mixed Vegetables Bean Blend Whole Wheat Bread Margarine Milk
Chicken & Dumplings Lima Beans Winter Vegetable Blend Cornbread Muffin Margarine Milk	Smoked Sausage w/Mac & Cheese Cauliflower Bean Blend Whole Wheat Bread Margarine Milk	Meatballs with Rice & Gravy Spinach Bean Blend Cornbread Muffin Margarine Milk	Creamy Breaded Chicken Lima Beans Mixed Vegetables Cornbread Muffin Margarine Milk Chocolate Crème	Cheese Pizza Mixed Vegetables Bean Blend Whole Wheat Bread Margarine Milk

^{***}This menu is based on product availability, substitutions may be made. ***

26	27	28	29	30
Cilantro Lime Meatballs	Chicken Noodle	Breakfast Burrito	Chicken Tenders over	Pepper & Beef Patty
w/Rice	Casserole	w/Salsa	Zesty Orange Rice	w/Gravy
Bean Blend	Bean Blend	Applesauce	Bean Blend	Spinach
Carrots	Three Seasons	Hash Browns	Three Seasons	Sweet Potatoes
Whole Wheat Bread	Vegetable Blend	Whole Wheat Bread	Vegetable Blend	Cornbread Muffin
Margarine	Cornbread Muffin	Margarine	Whole Wheat Bread	Margarine
Milk	Margarine	Milk	Margarine	Milk
Chocolate Crème	Milk	Orange Juice	Milk	Apple Cereal Bar
Cookies	Chocolate Chip Cookie	Strawberry Cereal Bar	Oatmeal Crème Cookie	
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