

MEALS ON WHEELS NORTH CENTRAL TEXAS

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

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MAY 2025

HIGH CALORIE, HIGH PROTEIN

28	29	30	01	02
10 			Chicken Tenders over Zesty Orange Rice Bean Blend Three Seasons Vegetable Blend Whole Wheat Bread Margarine Milk Oatmeal Crème Cookie	Pepper & Beef Patty w/Gravy Spinach Sweet Potatoes Cornbread Muffin Margarine Milk Apple Cereal Bar
05	06	07	08	09
Chicken & Dumplings Lima Beans Winter Vegetable Blend Cornbread Muffin Margarine Milk Oatmeal Crème Cookie	Smoked Sausage w/Mac & Cheese Cauliflower Bean Blend Whole Wheat Bread Margarine Milk Chocolate Chip Cookie	Meatballs with Rice & Gravy Spinach Bean Blend Cornbread Muffin Margarine Milk Strawberry Cereal Bar	Creamy Breaded Chicken Lima Beans Mixed Vegetables Cornbread Muffin Margarine Milk Chocolate Crème Cookies	Cheese Pizza Mixed Vegetables Bean Blend Whole Wheat Bread Margarine Milk Apple Cereal Bar
12	13	14	15	16
Cilantro Lime Meatballs w/Rice Bean Blend Carrots Whole Wheat Bread Margarine Milk Chocolate Crème Cookies	Chicken Noodle Casserole Bean Blend Three Seasons Vegetable Blend Cornbread Muffin Margarine Milk Chocolate Chip Cookie	Breakfast Burrito w/Salsa Applesauce Hash Browns Whole Wheat Bread Margarine Milk Orange Juice Strawberry Cereal Bar	Chicken Tenders over Zesty Orange Rice Bean Blend Three Seasons Vegetable Blend Whole Wheat Bread Margarine Milk Oatmeal Crème Cookie	Pepper & Beef Patty w/Gravy Spinach Sweet Potatoes Cornbread Muffin Margarine Milk Apple Cereal Bar
19	20	21	22	23
Chicken & Dumplings Lima Beans Winter Vegetable Blend Cornbread Muffin Margarine Milk Oatmeal Crème Cookie	Smoked Sausage w/Mac & Cheese Cauliflower Bean Blend Whole Wheat Bread Margarine Milk Chocolate Chip Cookie	Meatballs with Rice & Gravy Spinach Bean Blend Cornbread Muffin Margarine Milk Strawberry Cereal Bar	Creamy Breaded Chicken Lima Beans Mixed Vegetables Cornbread Muffin Margarine Milk Chocolate Crème Cookies	Cheese Pizza Mixed Vegetables Bean Blend Whole Wheat Bread Margarine Milk Apple Cereal Bar

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

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