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

OBESITY, DIABETIC, CARDIAC

28	29	30	01	02
12			Beef Patty	Chicken Patty
			w/Horseradish Sauce Red Skin Potatoes	w/Mushroom Swiss Rice Peas and Carrots
			Brussels Sprouts	Cauliflower
ENIMEZ			Margarine	Whole Wheat Bread
			Milk	Milk
			Applesauce Cup Graham Crackers	Tropical Fruit Cup
			Granam Grackers	
05	06	07	08	09
Chicken Chili w/Beans	Chipotle Meatloaf	Chimichurri Chicken	Pork Patty & Gravy	Chicken Florentine Rice
Cauliflower Spring Vegetable Blend	Red Skin Potatoes Green Beans	Stewed Tomatoes Black Beans & Corn	Spinach Sweet Potatoes	Asparagus Carrots
Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Milk	Whole Wheat Bread
Margarine	Margarine	Margarine	Applesauce Cup	Margarine
Milk	Milk	Milk	Graham Crackers	Milk
Graham Crackers	Graham Crackers	Graham Crackers		Tropical Fruit Cup
12	13	14	15	16
Salisbury Steak	Pizzaiola Pork	Breaded Pollock	Beef Patty	Chicken Patty
Red Skin Potatoes	AsparagusCarrots	Green Pea Blend	w/Horseradish Sauce	w/Mushroom Swiss Rice
Mixed Vegetables	Whole Wheat Bread	Carrots	Red Skin Potatoes	Peas and Carrots
Whole Wheat Bread Milk	Milk Applesauce Cup	Whole Wheat Bread Margarine	Brussels Sprouts Margarine	Cauliflower Whole Wheat Bread
Graham Crackers	Graham Crackers	Milk	Milk	Milk
	Gramam Graenere	Graham Crackers	Applesauce Cup	Tropical Fruit Cup
			Graham Crackers	
19	20	21	22	23
Chicken Chili w/Beans	Chipotle Meatloaf	Chimichurri Chicken	Pork Patty & Gravy	Chicken Florentine Rice
Cauliflower	Red Skin Potatoes	Stewed Tomatoes	Spinach	Asparagus
Spring Vegetable Blend	Green Beans Whole Wheat Bread	Black Beans & Corn Whole Wheat Bread	Sweet Potatoes Milk	Carrots Whole Wheat Bread
Whole Wheat Bread Margarine	Whole wheat Bread Margarine	Whole Wheat Bread Margarine	Applesauce Cup	Whole wheat Bread Margarine
Milk	Milk	Milk	Graham Crackers	Milk
Graham Crackers	Graham Crackers	Graham Crackers		Tropical Fruit Cup

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

26	27	28	29	30
Salisbury Steak	Pizzaiola Pork	Breaded Pollock	Beef Patty	Chicken Patty
Red Skin Potatoes	AsparagusCarrots	Green Pea Blend	w/Horseradish Sauce	w/Mushroom Swiss Rice
Mixed Vegetables	Whole Wheat Bread	Carrots	Red Skin Potatoes	Peas and Carrots
Whole Wheat Bread	Milk	Whole Wheat Bread	Brussels Sprouts	Cauliflower
Milk	Applesauce Cup	Margarine	Margarine	Whole Wheat Bread
Graham Crackers	Graham Crackers	Milk	Milk	Milk
		Graham Crackers	Applesauce Cup	Tropical Fruit Cup
			Graham Crackers	