

# 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](http://www.mownct.org/cancel-my-meal)

**MAY 2025**

**OBESITY, DIABETIC, CARDIAC**

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

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

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