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

VEGETARIAN

			01	02
10			Southwest Casserole Sweet Potatoes Brussels Sprouts Whole Wheat Bread Margarine Milk Vanilla Crème Cookies	Red Beans, Chickpeas and Rice Butternut Squash Corn with Peppers Whole Wheat Bread Margarine Milk Raisins
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Cheese Pizza	Fried Egg Patties	07 Macaroni & Cheese	08 Florentine Stuffed Shell	09 Cheese Omelet & Salsa
Mixed Vegetables	Sweet Potatoes	Bean Blend	w/Parma Rosa Sauce	Broccoli Florets
Bean Blend	Asparagus	Brussels Sprouts	Lima Beans	Hash Browns
Whole Wheat Bread Margarine	Bran Flakes Cereal Margarine	Whole Wheat Bread Margarine	Carrots Whole Wheat Bread	Whole Wheat Bread Margarine
Milk	Milk	Milk	Margarine	Milk
Grape Juice	Apple Cereal Bar	Vanilla Crème Cookies	Milk	Strawberry Cereal Bar
			Orange Juice Graham Crackers	
12	13	14	15	16
Huevos Rancheros Red Skin Potatoes Broccoli Florets Whole Wheat Bread Margarine Milk Apple Juice	Cheese Manicotti & Alfredo Sauce Bean Blend Butternut Squash Whole Wheat Bread Margarine Milk Fig Bar Cookie	Cheese Ravioli & Spinach Alfredo Sauce Mixed Vegetables Cauliflower Whole Wheat Bread Margarine Milk Oatmeal Crème Cookie	Southwest Casserole Sweet Potatoes Brussels Sprouts Whole Wheat Bread Margarine Milk Vanilla Crème Cookies	Red Beans, Chickpeas and Rice Butternut Squash Corn with Peppers Whole Wheat Bread Margarine Milk Raisins
19	20	21	22	23
Cheese Pizza Mixed Vegetables Bean Blend Whole Wheat Bread Margarine Milk Grape Juice	Fried Egg Patties Sweet Potatoes Asparagus Bran Flakes Cereal Margarine Milk Apple Cereal Bar	Macaroni & Cheese Bean Blend Brussels Sprouts Whole Wheat Bread Margarine Milk Vanilla Crème Cookies	Florentine Stuffed Shell w/Parma Rosa Sauce Lima Beans Carrots Whole Wheat Bread Margarine Milk Orange Juice Graham Crackers	Cheese Omelet & Salsa Broccoli Florets Hash Browns Whole Wheat Bread Margarine Milk Strawberry Cereal Bar

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

26	27	28	29	30
Huevos Rancheros	Cheese Manicotti &	Cheese Ravioli &	Southwest Casserole	Red Beans, Chickpeas
Red Skin Potatoes	Alfredo Sauce	Spinach Alfredo Sauce	Sweet Potatoes	and Rice
Broccoli Florets	Bean Blend	Mixed Vegetables	Brussels Sprouts	Butternut Squash
Whole Wheat Bread	Butternut Squash	Cauliflower	Whole Wheat Bread	Corn with Peppers
Margarine	Whole Wheat Bread	Whole Wheat Bread	Margarine	Whole Wheat Bread
Milk	Margarine	Margarine	Milk	Margarine
Apple Juice	Milk	Milk	Vanilla Crème Cookies	Milk
	Fig Bar Cookie	Oatmeal Crème Cookie		Raisins