

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

28	29	30	01	02
<div>10</div> 			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
05	06	07	08	09
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
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
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