


**JUNE 2025**

Find the menu that applies to you.

**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)
**Choice A/B**

<b>A) Turkey Breast with Gravy</b> <b>OR</b> <b>B) Beef with Mushroom Gravy</b>	<b>A) Potato Crusted Pollock</b> <b>OR</b> <b>B) Herbed Pork Loin</b>	<b>A) Beef Frito Pie</b> <b>OR</b> <b>B) Chkn Quesadilla Casserole</b>	<b>A) Baked Chicken with Gravy</b> <b>OR</b> <b>B) Beef Meatballs with Gravy</b>	<b>A) Sloppy Joe</b> <b>OR</b> <b>B) Diced BBQ Chicken</b>
<b>A) Three Cheese Ziti</b> <b>OR</b> <b>B) Italian Beef with Macaroni</b>	<b>A) Dijon Beef Meatballs</b> <b>OR</b> <b>B) Thai Chicken Meatballs</b>	<b>A) Turkey Rice Casserole</b> <b>OR</b> <b>B) Pizza Casserole</b>	<b>A) Spinach Chicken</b> <b>OR</b> <b>B) Meatloaf with Onion Gravy</b>	<b>A) Hamburger Patty</b> <b>OR</b> <b>B) Breaded Pollock</b>
Baked Chicken with Gravy	<b>A) Meatloaf with Tomato Gravy</b> <b>OR</b> <b>B) Breaded Chicken with Gravy</b>	<b>A) Turkey Brunswick Stew</b> <b>OR</b> <b>B) Ground Beef Stew</b>	<b>A) Hamburger Patty</b> <b>OR</b> <b>B) Cajun Breaded Pollock</b>	<b>A) Chicken Etouffee</b> <b>OR</b> <b>B) Turkey Chili with Beans</b>
<b>A) Swiss Steak</b> <b>OR</b> <b>B) Oven Fried Pork Chop</b>	<b>A) Orange Chkn over Rice</b> <b>OR</b> <b>B) Mu Shu Pork over Rice</b>	<b>A) Beef Taco</b> <b>OR</b> <b>B) Pork Carnitas</b>	<b>A) BBQ Pork Rib Patty</b> <b>OR</b> <b>B) Meatloaf with Gravy</b>	<b>A) Chicken Enchilada Bake</b> <b>OR</b> <b>B) Bean Tamale Pie</b>
<b>A) Turkey Pastrami and Cheese</b> <b>OR</b> <b>B) Tuna Salad</b>				

**Once-A-Week**

Fried Egg Patties	Salisbury Steak	Chicken & Dumplings	Red Beans & Rice w/Sausage	Chkn & New Orleans Style Rice
Honey Mustard Chkn Tenders	Breaded Pollock with Sauce	Huevos Rancheros	New York Beef Strip Patty	Turkey Meatloaf with Sauce
Cheese Lasagna with Meat Sauce	Rosemary Chicken	Ginger Pork	Beef Patty	Pollock Nuggets
Breakfast Burrito with Salsa	Homestyle Meatloaf	Chicken & Apricot Rice	Pollock w/ Coconut Rice	Southwest Casserole
Spaghetti & Meatballs				

**Vegetarian**

Cheese Pizza	Fried Egg Patties	Macaroni & Cheese	Florentine Stuffed Shells	Cheese omelet & Salsa
Huevos Rancheros	Cheese Manicotti & Alfredo	Cheese Ravioli & Spinach	Southwest Casserole	Red Beans, Chickpeas & Rice
Cheese Pizza	Fried Egg Patties	Macaroni & Cheese	Florentine Stuffed Shells	Cheese omelet & Salsa
Huevos Rancheros	Cheese Manicotti & Alfredo	Cheese Ravioli & Spinach	Southwest Casserole	Red Beans, Chickpeas & Rice
Cheese Pizza				

## Gluten Free

*\*These are Medically Tailored Meals that require a Doctor's Note*

Chicken Chili with Beans <sup>02</sup>	Fried Egg Patties <sup>03</sup>	Chimichurri Chicken <sup>04</sup>	Beef Patty <sup>05</sup>	Chicken Florentine Rice <sup>06</sup>
Beef Chili with Beans <sup>09</sup>	BBQ Chicken <sup>10</sup>	Breakfast Scramble <sup>11</sup>	Red Beans & Rice w/Sausage <sup>12</sup>	Cacciatore Chicken <sup>13</sup>
Chicken Chili with Beans <sup>16</sup>	Fried Egg Patties <sup>17</sup>	Chimichurri Chicken <sup>18</sup>	Beef Patty <sup>19</sup>	Chicken Florentine Rice <sup>20</sup>
Beef Chili with Beans <sup>23</sup>	BBQ Chicken <sup>24</sup>	Breakfast Scramble <sup>25</sup>	Red Beans & Rice w/Sausage <sup>26</sup>	Cacciatore Chicken <sup>27</sup>
Chicken Chili with Beans <sup>30</sup>				

## High Calorie, High Protein

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Chicken & Dumplings <sup>02</sup>	Sausage w/Mac & Cheese <sup>03</sup>	Meatballs w/ Rice & Gravy <sup>04</sup>	Creamy Breaded Chicken <sup>05</sup>	Cheese Pizza <sup>06</sup>
Cilantro Lime Meatballs <sup>09</sup>	Chicken Noodle Casserole <sup>10</sup>	Breakfast Burrito w/Salsa <sup>11</sup>	Chkn Tenders over Orange Rice <sup>12</sup>	Pepper & Beef Patty w/Gravy <sup>13</sup>
Chicken & Dumplings <sup>16</sup>	Sausage w/Mac & Cheese <sup>17</sup>	Meatballs w/ Rice & Gravy <sup>18</sup>	Creamy Breaded Chicken <sup>19</sup>	Cheese Pizza <sup>20</sup>
Cilantro Lime Meatballs <sup>23</sup>	Chicken Noodle Casserole <sup>24</sup>	Breakfast Burrito w/Salsa <sup>25</sup>	Chkn Tenders over Orange Rice <sup>26</sup>	Pepper & Beef Patty w/Gravy <sup>27</sup>
Chicken & Dumplings <sup>30</sup>				

## Obesity, Diabetic, Cardiac

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Chicken Chili with Beans <sup>02</sup>	Chipotle Meatloaf <sup>03</sup>	Chimichurri Chicken <sup>04</sup>	Pork Patty & Gravy <sup>05</sup>	Chicken Florentine Rice <sup>06</sup>
Salisbury Steak <sup>09</sup>	Pizzaiola Pork <sup>10</sup>	Breaded Pollock <sup>11</sup>	Beef Patty w/Horseradish <sup>12</sup>	Chicken Patty w/Rice <sup>13</sup>
Chicken Chili with Beans <sup>16</sup>	Chipotle Meatloaf <sup>17</sup>	Chimichurri Chicken <sup>18</sup>	Pork Patty & Gravy <sup>19</sup>	Chicken Florentine Rice <sup>20</sup>
Salisbury Steak <sup>23</sup>	Pizzaiola Pork <sup>24</sup>	Breaded Pollock <sup>25</sup>	Beef Patty w/Horseradish <sup>26</sup>	Chicken Patty w/Rice <sup>27</sup>
Chicken Chili with Beans <sup>30</sup>				

## Renal

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Breaded Pollock with Sauce <sup>02</sup>	Fried Egg Patties <sup>03</sup>	Pork Patty w/ Pizzaiola Sauce <sup>04</sup>	Salisbury Steak <sup>05</sup>	Breakfast Scramble <sup>06</sup>
BBQ Chicken <sup>09</sup>	Chipotle Meatloaf <sup>10</sup>	Turkey Meatloaf w/Sauce <sup>11</sup>	Sausage Patties <sup>12</sup>	Cheese Omelet & Salsa <sup>13</sup>
Breaded Pollock with Sauce <sup>16</sup>	Fried Egg Patties <sup>17</sup>	Pork Patty w/ Pizzaiola Sauce <sup>18</sup>	Salisbury Steak <sup>19</sup>	Breakfast Scramble <sup>20</sup>
BBQ Chicken <sup>23</sup>	Chipotle Meatloaf <sup>24</sup>	Turkey Meatloaf w/Sauce <sup>25</sup>	Sausage Patties <sup>26</sup>	Cheese Omelet & Salsa <sup>27</sup>
Breaded Pollock with Sauce <sup>30</sup>				