


JULY 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
Choice A/B

	³⁰	⁰¹ A) Turkey Macaroni & Cheese OR B) Cheeseburger Macaroni	⁰² A) King Ranch Chkn Casserole OR B) Beef Enchilada Pie	⁰³ BBQ Pork Rib Patty	⁰⁴ CLOSED FOR INDEPENDENCE DAY
A) Mozzarella Chicken OR B) Swiss Steak	⁰⁷	⁰⁸ A) Beef Taco OR B) Chicken Taco	⁰⁹ A) Turkey Pasta Bolognese OR B) Ham Broccoli Rice Casserole	¹⁰ A) Chicken Salad OR B) Tuna Salad	¹¹ A) Breaded Pork with Gravy OR B) Turkey & White Beans
A) Meatloaf with Brown Gravy OR B) Honey Mustard Chicken	¹⁴	¹⁵ A) Hamburger Patty OR B) Chipotle BBQ Diced Chicken	¹⁶ A) Turkey Macaroni & Cheese OR B) Beef Stroganoff	¹⁷ A) Chicken Alfredo OR B) Loaded Potato Casserole	¹⁸ A) Swedish Beef Meatballs OR B) Broccoli & Cheese Bake
A) Tuna Noodle Au Gratin OR B) Italian Shells & Cheese	²¹	²² A) Chicken & Dumplings OR B) Homestyle Beef Casserole	²³ A) Salisbury Beef with Gravy OR B) Ham with Raisin Sauce	²⁴ A) Chef Salad OR B) Grilled Chicken Salad	²⁵ A) Turkey Breast with Gravy OR B) Beef with Mushroom Gravy
A) Potato Crusted Pollock OR B) Herbed Pork Lion	²⁸	²⁹ A) Beef Frito Pie OR B) Chkn Quesadilla Casserole	³⁰ A) Baked Chicken with Gravy OR B) Beef Meatballs with Gravy	³¹ A) Sloppy Joe OR B) Diced BBQ Chicken	⁰¹

Once-A-Week


	³⁰	⁰¹ Pork Patty & Gravy	⁰² Breaded Pollock	⁰³ Chkn Tenders & Orange Sauce	⁰⁴ CLOSED FOR INDEPENDENCE DAY Country Fried Steak
Fried Egg Patties	⁰⁷	⁰⁸ Salisbury Steak	⁰⁹ Chicken & Dumplings	¹⁰ Red Beans & Rice with Sausage	¹¹ Chicken & New Orleans Rice
Honey Mustard Chicken Tenders	¹⁴	¹⁵ Breaded Pollock with Sauce	¹⁶ Huevos Rancheros	¹⁷ NY Beef Strip Patty & Gravy	¹⁸ Turkey Meatloaf & Orange Sauce
Cheese Lasagna & Meat Sauce	²¹	²² Rosemary Chicken	²³ Ginger Pork	²⁴ Beef Patty	²⁵ Pollock Nuggets
Breakfast Burrito with Salsa	²⁸	²⁹ Homestyle Meatloaf	³⁰ Chicken & Apricot Rice	³¹ Pollock w/ Coconut Rice	⁰¹

Vegetarian

	³⁰	⁰¹ Fried Egg Patties	⁰² Macaroni & Cheese	⁰³ Florentine Stuffed Shells	⁰⁴ CLOSED FOR INDEPENDENCE DAY
Huevos Rancheros	⁰⁷	⁰⁸ Cheese Manicotti & Alfredo	⁰⁹ Cheese Ravioli & Spinach	¹⁰ Southwest Casserole	¹¹ Red Beans, Chickpeas & Rice
Cheese Pizza	¹⁴	¹⁵ Fried Egg Patties	¹⁶ Macaroni & Cheese	¹⁷ Florentine Stuffed Shells	¹⁸ Cheese Omelet & Salsa
Huevos Rancheros	²¹	²² Cheese Manicotti & Alfredo	²³ Cheese Ravioli & Spinach	²⁴ Southwest Casserole	²⁵ Red Beans, Chickpeas & Rice
Cheese Pizza	²⁸	²⁹ Fried Egg Patties	³⁰ Macaroni & Cheese	³¹ Florentine Stuffed Shells	⁰¹


Gluten Free

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

	³⁰	⁰¹	⁰²	⁰³	⁰⁴  CLOSED FOR INDEPENDENCE DAY
		Fried Egg Patties	Chimichurri Chicken	Beef Patty	
⁰⁷		⁰⁸	⁰⁹	¹⁰	¹¹
Beef Chili with Beans		BBQ Chicken	Breakfast Scramble	Red Beans & Rice w/Sausage	Cacciatore Chicken
¹⁴		¹⁵	¹⁶	¹⁷	¹⁸
Chicken Chili with Beans		Fried Egg Patties	Chimichurri Chicken	Beef Patty	Chicken Florentine Rice
²¹		²²	²³	²⁴	²⁵
Beef Chili with Beans		BBQ Chicken	Breakfast Scramble	Red Beans & Rice w/Sausage	Cacciatore Chicken
²⁸		²⁹	³⁰	³¹	⁰¹
Chicken Chili with Beans		Fried Egg Patties	Chimichurri Chicken	Beef Patty	


High Calorie, High Protein

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

	³⁰	⁰¹	⁰²	⁰³	⁰⁴  CLOSED FOR INDEPENDENCE DAY
		Sausage w/Mac & Cheese	Meatballs w/ Rice & Gravy	Creamy Breaded Chicken	
⁰⁷		⁰⁸	⁰⁹	¹⁰	¹¹
Cilantro Lime Meatballs		Chicken Noodle Casserole	Breakfast Burrito w/Salsa	Chkn Tenders over Orange Rice	Pepper & Beef Patty w/Gravy
¹⁴		¹⁵	¹⁶	¹⁷	¹⁸
Chicken & Dumplings		Sausage w/Mac & Cheese	Meatballs w/ Rice & Gravy	Creamy Breaded Chicken	Cheese Pizza
²¹		²²	²³	²⁴	²⁵
Cilantro Lime Meatballs		Chicken Noodle Casserole	Breakfast Burrito w/Salsa	Chkn Tenders over Orange Rice	Pepper & Beef Patty w/Gravy
²⁸		²⁹	³⁰	³¹	⁰¹
Chicken & Dumplings					


Obesity, Diabetic, Cardiac

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

	³⁰	⁰¹	⁰²	⁰³	⁰⁴  CLOSED FOR INDEPENDENCE DAY
		Chipotle Meatloaf	Chimichurri Chicken	Pork Patty & Gravy	
⁰⁷		⁰⁸	⁰⁹	¹⁰	¹¹
Salisbury Steak		Pizzaiola Pork	Breaded Pollock	Beef Patty w/Horseradish	Chicken Patty w/Rice
¹⁴		¹⁵	¹⁶	¹⁷	¹⁸
Chicken Chili with Beans		Chipotle Meatloaf	Chimichurri Chicken	Pork Patty & Gravy	Chicken Florentine Rice
²¹		²²	²³	²⁴	²⁵
Salisbury Steak		Pizzaiola Pork	Breaded Pollock	Beef Patty w/Horseradish	Chicken Patty w/Rice
²⁸		²⁹	³⁰	³¹	⁰¹
Chicken Chili with Beans		Chipotle Meatloaf	Chimichurri Chicken	Pork Patty & Gravy	

Renal

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

	³⁰	⁰¹	⁰²	⁰³	⁰⁴  CLOSED FOR INDEPENDENCE DAY
		Fried Egg Patties	Pork Patty w/ Pizzaiola Sauce	Salisbury Steak	
⁰⁷		⁰⁸	⁰⁹	¹⁰	¹¹
BBQ Chicken		Chipotle Meatloaf	Turkey Meatloaf w/Sauce	Sausage Patties	Cheese Omelet & Salsa
¹⁴		¹⁵	¹⁶	¹⁷	¹⁸
Breaded Pollock with Sauce		Fried Egg Patties	Pork Patty w/ Pizzaiola Sauce	Salisbury Steak	Breakfast Scramble
²¹		²²	²³	²⁴	²⁵
BBQ Chicken		Chipotle Meatloaf	Turkey Meatloaf w/Sauce	Sausage Patties	Cheese Omelet & Salsa
²⁸		²⁹	³⁰	³¹	⁰¹
Breaded Pollock with Sauce		Fried Egg Patties	Pork Patty w/ Pizzaiola Sauce	Salisbury Steak	