


AUGUST 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

				A) Three Cheese Ziti OR B) Italian Beef & Macaroni
A) Dijon Beef Meatballs OR B) Thai Chili Chkn Meatballs	A) Turkey Rice Casserole OR B) Pizza Casserole	A) Spinach Chicken OR B) Meatloaf with Onion Gravy	A) Hamburger Patty OR B) Potato Crusted Pollock	A) Spaghetti Torte OR B) Beef Spaghetti Casserole
A) Meatloaf with Tomato Gravy OR B) Baked Chicken with Gravy	A) Turkey Brunswick Stew OR B) Ground Beef Stew	A) Hamburger Patty OR B) Potato Crusted Pollock	A) Chicken Etouffee OR B) Turkey Chili with Beans	A) Swiss Steak OR B) Oven Fried Pork Chop
A) Orange Chkn Over Fried Rice OR B) Mu Su Pork Over Fried Rice	A) Beef Taco OR B) Pork Carnitas	A) BBQ Pork Rib Patty OR B) Meatloaf with Brown Gravy	A) Chicken Enchilada Bake OR B) Bean Tamale Pie	A) Turkey Breast & Cheese OR B) Tuna Salad
A) Cheese Omelet OR B) Garlic Rosemary Chicken	A) Turkey Macaroni & Cheese OR B) Cheese burger Macaroni	A) Beef Enchilada Pie OR B) King Ranch Chkn Casserole	A) Tomato Basil Chicken OR B) Creole Steak	A) Hamburger Patty OR B) BBQ Chicken

Once-A-Week

				Turkey Breast with Gravy
Potato Crusted Pollock	Beef Frito Pie	Baked Chicken with Gravy	Sloppy Joe	Three Cheese Ziti
Dijon Beef Meatballs	Turkey Rice Casserole	Spinach Chicken	Hamburger Patty	Spaghetti Torte
Meatloaf with Tomato Gravy	Turkey Brunswick Stew	Hamburger Patty	Chicken Etoufee	Swiss Steak
Orange Chicken over Fried Rice	Beef Taco	BBQ Pork Rib Patty	Chicken Enchilada Bake	Beef Meatballs with Gravy

Vegetarian

				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	Fried Egg Patties	Macaroni & Cheese	Florentine Stuffed Shells	Cheese Omelet & Salsa

Gluten Free

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

				Chicken Florentine Rice
Beef Chili with Beans	BBQ Chicken	Breakfast Scramble	Red Beans & Rice w/Sausage	Cacciatore Chicken
Chicken Chili with Beans	Fried Egg Patties	Chimichurri Chicken	Beef Patty	Chicken Florentine Rice
Beef Chili with Beans	BBQ Chicken	Breakfast Scramble	Red Beans & Rice w/Sausage	Cacciatore Chicken
Chicken Chili with Beans	Fried Egg Patties	Chimichurri Chicken	Beef Patty	Chicken Florentine Rice

High Calorie, High Protein

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				Cheese Pizza
Cilantro Lime Meatballs	Chicken Noodle Casserole	Breakfast Burrito w/Salsa	Chkn Tenders over Orange Rice	Pepper & Beef Patty w/Gravy
Chicken & Dumplings	Sausage w/Mac & Cheese	Meatballs w/ Rice & Gravy	Creamy Breaded Chicken	Cheese Pizza
Cilantro Lime Meatballs	Chicken Noodle Casserole	Breakfast Burrito w/Salsa	Chkn Tenders over Orange Rice	Pepper & Beef Patty w/Gravy
Chicken & Dumplings	Sausage w/Mac & Cheese	Meatballs w/ Rice & Gravy	Creamy Breaded Chicken	Cheese Pizza

Obesity, Diabetic, Cardiac

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

				Chicken Florentine Rice
Salisbury Steak	Pizzaiola Pork	Breaded Pollock	Beef Patty w/Horseradish	Chicken Patty w/Rice
Chicken Chili with Beans	Chipotle Meatloaf	Chimichurri Chicken	Pork Patty & Gravy	Chicken Florentine Rice
Salisbury Steak	Pizzaiola Pork	Breaded Pollock	Beef Patty w/Horseradish	Chicken Patty w/Rice
Chicken Chili with Beans	Chipotle Meatloaf	Chimichurri Chicken	Pork Patty & Gravy	Chicken Florentine Rice

Renal

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				Breakfast Scramble
BBQ Chicken	Chipotle Meatloaf	Turkey Meatloaf w/Sauce	Sausage Patties	Cheese Omelet & Salsa
Breaded Pollock with Sauce	Fried Egg Patties	Pork Patty w/ Pizzaiola Sauce	Salisbury Steak	Breakfast Scramble
BBQ Chicken	Chipotle Meatloaf	Turkey Meatloaf w/Sauce	Sausage Patties	Cheese Omelet & Salsa
Breaded Pollock with Sauce	Fried Egg Patties	Pork Patty w/ Pizzaiola Sauce	Salisbury Steak	Breakfast Scramble