

OCTOBER 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

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

Choice A/B

		A) Spinach Chicken OR B) Meatloaf w/Onion Gravy Whipped Potatoes, Spring Veggies, Wheat Bread & Cinnabun Cake	A) Hamburger Patty OR B) Potato Crusted Pollock Lettuce & Tomato, Baked Beans, Hamburger Bun & Hot Spiced Apples	A) Spaghetti Torte OR B) Beef Spaghetti Casserole Green Beans, Glazed Carrots, Garlic Breadstick & Fresh Fruit
A) Chicken Pot Pie OR B) Cheesy Beef Macaroni Lentils, Country Tomatoes, & Chocolate Mousse	A) Sloppy Joe OR B) BBQ Pork Rib Patty Oven Roasted Potatoes, Honey Herbed Carrots, Hamburger Bun & Banana	A) Loaded Potato Casserole OR B) Tuna Bowtie Casserole Whole Kernel Corn, Broccoli, Wheat Bread & Fruited Orange Gelatin	A) BBQ Chicken OR B) Homestyle Pork Roast Baked Beans, Medley Cabbage, Dinner Roll & Carnival Cookie	A) Swiss Steak OR B) Swedish Chicken Meatballs Parslied Rice, Spring Veggies, Texas Bread & Fresh Fruit
A) Turkey Tetrazzini OR B) Spinach Mac & Cheese Green Beans, Glazed Carrots, Multigrain Bread & Brownie Cookie	A) Kielbasa Sausage OR B) Cajun Meatloaf Red Beans & Rice, Zucchini & Tomatoes, Wheat Bread & Banana	A) Lemon Pepper Pollock OR B) Herbed Pork Loin Confetti Rice, Cabbage, Wheat Bread & Creamsicle Pudding	A) Beef Taco OR B) Chicken Fajita Lettuce & Tomato, Charro Beans, Flour Tortillas, Taco Sauce & Hot Rosy Applesauce	A) Chicken Nuggets OR B) Pollock Nuggets Whipped Potatoes w/Skins, Garden Veggies, Dinner Roll & Fresh Fruit
A) Salisbury Beef w/Brown Gravy OR B) Baked Chicken w/Gravy Garlic Whipped Potatoes, Turnip Greens, Texas Bread & Brownie	A) Turkey Pastrami OR B) Garlic Beef Meatballs Lentil Veggie Pilaf, Broccoli, Dinner Roll & Banana	A) Mongolian Chicken OR B) Mu Shu Pork Jasmine Rice, Japanese Veggies & Almond Cookie	A) Beef Spaghetti Sauce OR B) Eggplant Parmesan Spaghetti Pasta, Cauliflower, Green Beans w/Onions & Pineapple Upside Down Cake	A) Bean & Cheese Burrito w/Ranchero Sauce OR B) Beef & Bean Burrito w/Enchilada Sauce Corn w/Peppers, Cheesy Mexican Tomatoes & Fresh Fruit
A) Citrus Mojo Chicken OR B) Ten Grain Pollock Brown Rice, Oregano Green Beans, Texas Bread & Oatmeal Raisin Cookie	A) Marsala Beef Meatballs OR B) Rosemary Pork Loin Pesto Penne Pasta, Scalloped Tomatoes, Wheat Bread & Fresh Fruit	A) Oven Fried Pork Chop OR B) Oven Fried Chicken Butternut Squash, Tangy Spinach & Fruited Strawberry Gelatin	A) Meatloaf w/Tomato Gravy OR B) Herbed Turkey Breast Parslied Potatoes, Summer Veggies, Dinner Roll & Oreo Brownie	A) King Ranch Chkn Casserole OR B) Beef Tamale Pie Pinto Beans, Parslied Carrots & Carrot Cake

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Once-A-Week

Meatloaf w/Brown Gravy	Hamburger Patty	Turkey Mac & Cheese	Chicken Alfredo	Swedish Beef Meatballs
Tuna Noodle Au Gratin	Chicken & Dumplings	Salisbury Beef w/ Brown Gravy	BBQ Pork Rib Patty	Turkey Breast with Gravy
Potato Crusted Pollock	Beef Frito Pie	Baked Chicken w/Country Gravy	Sloppy Joe	Three Cheese Ziti
Turkey Tetrazzini	Kielbasa Sausage	Lemon Pepper Pollock	Beef Taco	Chicken Nuggets
Salisbury Beef w/Brown Gravy	Turkey Pastrami	Mongolian Chicken	Beef Spaghetti Sauce	Bean & Cheese Burrito w/Ranchero Sauce

Vegetarian

Huevos Rancheros ²⁹	Cheese Manicotti & Alfredo ³⁰	Cheese Ravioli & Spinach ⁰¹	Southwest Casserole ⁰²	Red Beans, Chickpeas & Rice ⁰³
Cheese Pizza ⁰⁶	Fried Egg Patties ⁰⁷	Macaroni & Cheese ⁰⁸	Florentine Stuffed Shells ⁰⁹	Cheese Omelet & Salsa ¹⁰
Huevos Rancheros ¹³	Cheese Manicotti & Alfredo ¹⁴	Cheese Ravioli & Spinach ¹⁵	Southwest Casserole ¹⁶	Red Beans, Chickpeas & Rice ¹⁷
Cheese Pizza ²⁰	Fried Egg Patties ²¹	Macaroni & Cheese ²²	Florentine Stuffed Shells ²³	Cheese Omelet & Salsa ²⁴
Huevos Rancheros ²⁷	Cheese Manicotti & Alfredo ²⁸	Cheese Ravioli & Spinach ²⁹	Southwest Casserole ³⁰	Red Beans, Chickpeas & Rice ³¹

High Calorie, High Protein

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

Cilantro Lime Meatballs ²⁹	Chicken Noodle Casserole ³⁰	Breakfast Burrito w/Salsa ⁰¹	Chkn Tenders over Orange Rice ⁰²	Pepper & Beef Patty w/Gravy ⁰³
Chicken & Dumplings ⁰⁶	Sausage w/Mac & Cheese ⁰⁷	Meatballs w/ Rice & Gravy ⁰⁸	Creamy Breaded Chicken ⁰⁹	Cheese Pizza ¹⁰
Cilantro Lime Meatballs ¹³	Chicken Noodle Casserole ¹⁴	Breakfast Burrito w/Salsa ¹⁵	Chkn Tenders over Orange Rice ¹⁶	Pepper & Beef Patty w/Gravy ¹⁷
Chicken & Dumplings ²⁰	Sausage w/Mac & Cheese ²¹	Meatballs w/ Rice & Gravy ²²	Creamy Breaded Chicken ²³	Cheese Pizza ²⁴
Cilantro Lime Meatballs ²⁷	Chicken Noodle Casserole ²⁸	Breakfast Burrito w/Salsa ²⁹	Chkn Tenders over Orange Rice ³⁰	Pepper & Beef Patty w/Gravy ³¹

Obesity, Diabetic, Cardiac

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

Salisbury Steak ²⁹	Pizzaiola Pork ³⁰	Breaded Pollock ⁰¹	Beef Patty w/Horseradish ⁰²	Chicken Patty w/Rice ⁰³
Chicken Chili with Beans ⁰⁶	Chipotle Meatloaf ⁰⁷	Chimichurri Chicken ⁰⁸	Pork Patty & Gravy ⁰⁹	Chicken Florentine Rice ¹⁰
Salisbury Steak ¹³	Pizzaiola Pork ¹⁴	Breaded Pollock ¹⁵	Beef Patty w/Horseradish ¹⁶	Chicken Patty w/Rice ¹⁷
Chicken Chili with Beans ²⁰	Chipotle Meatloaf ²¹	Chimichurri Chicken ²²	Pork Patty & Gravy ²³	Chicken Florentine Rice ²⁴
Salisbury Steak ²⁷	Pizzaiola Pork ²⁸	Breaded Pollock ²⁹	Beef Patty w/Horseradish ³⁰	Chicken Patty w/Rice ³¹

Renal

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

BBQ Chicken ²⁹	Chipotle Meatloaf ³⁰	Turkey Meatloaf w/Sauce ⁰¹	Sausage Patties ⁰²	Cheese Omelet & Salsa ⁰³
Breaded Pollock with Sauce ⁰⁶	Fried Egg Patties ⁰⁷	Pork Patty w/ Pizzaiola Sauce ⁰⁸	Salisbury Steak ⁰⁹	Breakfast Scramble ¹⁰
BBQ Chicken ¹³	Chipotle Meatloaf ¹⁴	Turkey Meatloaf w/Sauce ¹⁵	Sausage Patties ¹⁶	Cheese Omelet & Salsa ¹⁷
Breaded Pollock with Sauce ²⁰	Fried Egg Patties ²¹	Pork Patty w/ Pizzaiola Sauce ²²	Salisbury Steak ²³	Breakfast Scramble ²⁴
BBQ Chicken ²⁷	Chipotle Meatloaf ²⁸	Turkey Meatloaf w/Sauce ²⁹	Sausage Patties ³⁰	Cheese Omelet & Salsa ³¹