

# DECEMBER 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)

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

## Choice A/B

<b>A) Salisbury Beef w/Brown Gravy</b> <b>OR</b> <b>B) Baked Chicken w/Gravy</b> Garlic Whipped Potatoes, Turnip Greens, Texas Bread & Brownie	<b>A) Turkey Pastrami</b> <b>OR</b> <b>B) Garlic Beef Meatballs</b> Lentil Veggie Pilaf, Broccoli, Dinner Roll & Banana	<b>A) Mongolian Chicken</b> <b>OR</b> <b>B) Mu Shu Pork</b> Jasmine Rice, Japanese Veggies & Almond Cookie	<b>A) Beef Spaghetti Sauce</b> <b>OR</b> <b>B) Eggplant Parmesan</b> Spaghetti Pasta, Cauliflower, Green Beans w/Onions, & Pineapple Upside Down Cake	<b>A) Bean &amp; Cheese Burrito</b> w/Ranchero Sauce <b>OR</b> <b>B) Beef &amp; Bean Burrito</b> w/Enchilada Sauce Corn w/Peppers, Cheesy Mexican Tomatoes & Fresh Fruit
<b>A) Citrus Mojo Chicken</b> <b>OR</b> <b>B) 10 Grain Pollock</b> Brown Rice, Oregano Green Beans, Texas Bread & Oatmeal Raisin Cookie	<b>A) Marsala Beef Meatballs</b> <b>OR</b> <b>B) Rosemary Pork Loin</b> Pesto Penne Pasta, Scalloped Tomatoes, Wheat Bread & Fresh Fruit	<b>A) Oven Fried Pork Chop</b> <b>OR</b> <b>B) Oven Fried Chicken</b> Butternut Squash, Tangy Spinach & Fruited Strawberry Gelatin	<b>A) Meatloaf w/Tomato Gravy</b> <b>OR</b> <b>B) Herbed Turkey Breast</b> Parslied Potatoes, Summer Veggies, Dinner Roll & Oreo Brownie	<b>A) King Ranch Chkn Casserole</b> <b>OR</b> <b>B) Beef Tamale Pie</b> Pinto Beans, Parslied Carrots, & Fresh Fruit
<b>A) Italian Shells &amp; Cheese</b> <b>OR</b> <b>B) Chicken Alfredo</b> Broccoli, Diced Beets, Multigrain Bread & Chocolate Chip Cookie	<b>A) Cajun Pollock</b> <b>OR</b> <b>B) Tuscan Pork Roast</b> Chili Beans, Cauliflower, & Fresh Fruit	<b>A) Sausage w/Onions &amp; Peppers</b> <b>OR</b> <b>B) All Beef Hot Dog</b> Ranch Beans, Tangy Slaw, Hot Dog Bun, & Peach Cobbler	<b>A) Korean BBQ Chicken</b> <b>OR</b> <b>B) Soy Ginger Beef</b> Jasmine Rice, Green Peas, & Lemon Pudding	<b>A) Stuffed Potato Soup</b> <b>OR</b> <b>B) Broccoli Cheese Soup</b> Lemon Pepper Brussels Sprouts, Sliced Carrots, Saltine Crackers, & Fresh Fruit
<b>A) Turkey Swiss Melt</b> <b>OR</b> <b>B) Roast Beef w/Gravy</b> Whole Kernel Corn, Parslied Carrots, Texas Bread, & Cherry Craisins				<b>A) Cuban Shredded Pork</b> <b>OR</b> <b>B) Hawaiian Chicken</b> Tater Tot Casserole, Mixed Veggies, Hamburger Bun & Fresh Fruit
<b>A) Chicken Pot Pie</b> <b>OR</b> <b>B) Cheesy Beef Macaroni</b> Lentils, Country Tomatoes, & Chocolate Mousse	<b>A) Sloppy Joe</b> <b>OR</b> <b>B) BBQ Pork Rib Patty</b> Oven Roasted Potatoes, Honey Herbed Carrots, Hamburger Bun & Banana	<b>A) Loaded Potato Casserole</b> <b>OR</b> <b>B) Tuna Bowtie Casserole</b> Whole Kernel Corn, Broccoli, Wheat Bread & Fruited Orange Gelatin		

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## Once-A-Week

Turkey Tetrzzini	Kielbasa Sausage	Turkey Breast w/Gravy	Beef Taco	Chicken Nuggets
Salisbury Beef w/Brown Gravy	Turkey Pastrami	Mongolian Chicken	Beef Spaghetti Sauce	Bean & Cheese Burrito w/Ranchero Sauce
Citrus Mojo Chicken	Marsala Beef Meatballs	Oven Fried Pork Chop	Meatloaf w/Tomato Gravy	King Ranch Chicken Casserole
Italian Shells & Cheese	Cajun Pollock	Sausage w/Onions & Peppers Office Closed Wednesday & Thursday	Korean BBQ Chicken	Stuffed Potato Soup
Turkey Swiss Melt	Honey Glazed Ham	Chicken Tenders w/Gravy	Cheese Enchiladas w/Enchilada Sauce	Cuban Shredded Pork

## Vegetarian

Cheese Pizza	01	Fried Egg Patties	02	Macaroni & Cheese	03	Florentine Stuffed Shells	04	Cheese Omelet & Salsa	05
Huevos Rancheros	08	Cheese Manicotti & Alfredo	09	Cheese Ravioli & Spinach	10	Southwest Casserole	11	Red Beans, Chickpeas & Rice	12
Cheese Pizza	15	Fried Egg Patties	16	Macaroni & Cheese	17	Florentine Stuffed Shells	18	Cheese Omelet & Salsa	19
Huevos Rancheros	22	Cheese Manicotti & Alfredo	23	Cheese Ravioli & Spinach	24	Southwest Casserole	25	Red Beans, Chickpeas & Rice	26
				Office Closed Wednesday & Thursday					
Cheese Pizza	29	Fried Egg Patties	30	Macaroni & Cheese	31	Florentine Stuffed Shells	01	Cheese Omelet & Salsa	02

## High Calorie, High Protein

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

Chicken & Dumplings	01	Sausage w/Mac & Cheese	02	Meatballs w/ Rice & Gravy	03	Creamy Breaded Chicken	04	Cheese Pizza	05
Cilantro Lime Meatballs	08	Chicken Noodle Casserole	09	Breakfast Burrito w/Salsa	10	Chkn Tenders over Orange Rice	11	Pepper & Beef Patty w/Gravy	12
Chicken & Dumplings	15	Sausage w/Mac & Cheese	16	Meatballs w/ Rice & Gravy	17	Creamy Breaded Chicken	18	Cheese Pizza	19
Cilantro Lime Meatballs	22	Chicken Noodle Casserole	23	Breakfast Burrito w/Salsa	24	Chkn Tenders over Orange Rice	25	Pepper & Beef Patty w/Gravy	26
				Office Closed Wednesday & Thursday					
Chicken & Dumplings	29	Sausage w/Mac & Cheese	30	Meatballs w/ Rice & Gravy	31	Creamy Breaded Chicken	01	Cheese Pizza	02

## Obesity, Diabetic, Cardiac

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

Chicken Chili with Beans	01	Chipotle Meatloaf	02	Chimichurri Chicken	03	Pork Patty & Gravy	04	Chicken Florentine Rice	05
Salisbury Steak	08	Pizzaiola Pork	09	Breaded Pollock	10	Beef Patty w/Horseradish	11	Chicken Patty w/Rice	12
Chicken Chili with Beans	15	Chipotle Meatloaf	16	Chimichurri Chicken	17	Pork Patty & Gravy	18	Chicken Florentine Rice	19
Salisbury Steak	22	Pizzaiola Pork	23	Breaded Pollock	24	Beef Patty w/Horseradish	25	Chicken Patty w/Rice	26
				Office Closed Wednesday & Thursday					
Chicken Chili with Beans	29	Chipotle Meatloaf	30	Chimichurri Chicken	31	Pork Patty & Gravy	01	Chicken Florentine Rice	02

## Renal

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

Breaded Pollock with Sauce	01	Fried Egg Patties	02	Pork Patty w/ Pizzaiola Sauce	03	Salisbury Steak	04	Breakfast Scramble	05
BBQ Chicken	08	Chipotle Meatloaf	09	Turkey Meatloaf w/Sauce	10	Sausage Patties	11	Cheese Omelet & Salsa	12
Breaded Pollock with Sauce	15	Fried Egg Patties	16	Pork Patty w/ Pizzaiola Sauce	17	Salisbury Steak	18	Breakfast Scramble	19
BBQ Chicken	22	Chipotle Meatloaf	23	Turkey Meatloaf w/Sauce	24	Sausage Patties	25	Cheese Omelet & Salsa	26
				Office Closed Wednesday & Thursday					
Breaded Pollock with Sauce	29	Fried Egg Patties	30	Pork Patty w/ Pizzaiola Sauce	31	Salisbury Steak	01	Breakfast Scramble	02