

JULY 2026

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
Based on product availability, substitutions may occur.

		01 A) Cheese Omelet OR B) Breakfast Casserole Seasoned Black Beans, Stewed Tomatoes, Whole Grain Blueberry Muffin	02 Independence Day BBQ Diced Chicken Oven Roasted Potatoes, Summer Vegetables, Hamburger Bun, Banana Pudding	03 Closed for Holiday
06 A) Salisbury Beef w/ Onion Gravy OR B) Breaded Chicken Piccata Rice, Sliced Carrots, Wheat Bread, Strawberry Craisins	07 A) Chicken Shawarma OR B) Gyro Meat Lentil Vegetable Pilaf, Broccoli, Wheat Pita Pocket Half, Fresh Banana	08 A) Spaghetti Torte OR B) Tuna Noodle Au Gratin Green Beans, Cauliflower, Butterscotch Brownie	09 A) Buffalo Chicken OR B) Honey Glazed Pork Chop Lima Beans, Garlic Spinach, Dinner Roll, Sugar Cookie	10 A) Homemade Meatloaf OR B) BBQ Pork Rib Patty Whipped Potatoes, Mixed Vegetables, Dinner Roll, Fresh Fruit
13 A) Three Cheese Ziti OR B) Beef Stroganoff w/ Penne Green Peas, Glazed Carrots, Dinner Roll, Fresh Fruit	14 A) Thai Chili Pork & Veggie Eggroll OR B) Thai Chili Vegetable Eggroll Jasmine Rice, Japanese Vegetables, Texas Bread, Almond Cookie	15 A) Baked Chicken w/ Country Gravy OR B) Ham & Black-Eyed Peas Southern Style Grits, Broccoli, Dinner Roll, Fruited Orange Gelatin	16 A) Romesco Beef Meatball OR B) Oven Baked Chicken Drumstick Roasted Sweet Potatoes, Brussels Sprouts, Bran Banana Muffin	17 A) Seafood Macaroni Salad OR B) Egg Salad Broccoli Craisin Salad, Cucumber & Tomato Salad, Club Crackers (2), Fresh Banana
20 A) Chicken Alfredo OR B) Turkey & Lentil Bolognese w/ Spaghetti Noodles Herbed Green Peas, Parslied Carrots, Chocolate Chip Cookie	21 A) Garlic Marsala Pork Loin OR B) Dijon Herb Chicken Breast Oven Roasted Potatoes, Broccoli, Texas Bread, Strawberry Swirl Pudding	22 A) Beef Enchiladas w/ Sauce OR B) Cheese Enchiladas w/ Sauce Pinto Beans, Cilantro Lime Corn, Carnival Cookie	23 A) Italian Chicken Chili OR B) Beef Chili Macaroni Garlic Parmesan Cauliflower, Green Beans, Saltine Crackers (2), Fruited Lemon Gelatin	24 A) Pollock Almandine OR B) Turkey A La King Wild Rice, Catalina Vegetables, Wheat Bread, Fresh Fruit
27 A) Marinara Beef Meatballs OR B) Eggplant Parmesan Parslied Penne Pasta, Green Beans w/ Peppers & Onions, Dinner Roll, Chocolate Chip Brownie	28 A) Baked Chicken Breast w/ Gravy OR B) Pecan Crusted Swai (Fish) Cream Cheese Corn, Brussels Sprouts, Texas Bread, Fresh Banana	29 A) Beef Burgundy OR B) Homestyle Pork Roast Roasted Sweet Potatoes, Green Peas, Dinner Roll, Cinnamon Sugar Cookie	30 A) Sliced Turkey Breast w/ Cheese OR B) Sliced Ham w/ Cheese Lettuce & Tomato, Mustard, Couscous Salad, Wheat Bread (2), Fruited Strawberry Gelatin	31 A) Southwest Beef & Bean Burrito OR B) Bean Tamale Pie Confetti Rice, Fiesta Vegetables, Cinnamon Swirl Pudding

Mighty Meals (Frozen)
Based on product availability, substitutions may occur.

29 Chicken Stir Fry	30 Steakhouse Beef	01 Citrus Baked Pollock	02 Hamburger Patty	03 Closed for Holiday Rosemary Pork Chop
06 Sausage w/ Onions & Peppers	07 Chicken Gumbo	08 Italian Shells & Cheese	09 Chicken Couscous Casserole	10 Mushroom Beef
13 Oven Fried Chicken	14 Beef Meatballs w/ Sauce Robert	15 Cheese Omelet	16 BBQ Diced Chicken	17 Meatloaf w/ Tomato Gravy
20 Salisbury Beef w/ Onion Gravy	21 Chicken Shawarma	22 Spaghetti Torte	23 Buffalo Chicken	24 Homemade Meatloaf
27 Tomato Basil Mozzarella Pasta	28 Thai Chili Pork & Veggie Eggroll	29 Baked Chicken w/ Country Gravy	30 Romesco Beef Meatballs	31 BBQ Pork Rib Patty

Allergen Disclaimer: Meals prepared in this kitchen may contain or come into contact with tree nuts, sesame, peanuts, soy, eggs, milk, fish, crustacean shellfish, wheat, and gluten-containing products. Despite precautions, cross-contact may occur. We cannot guarantee meals are allergen-free.

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Vegetarian

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			01 Cheese Omelet Seasoned Black Beans, Stewed Tomatoes, Whole Grain Blueberry Muffin	02 Independence Day BBQ Gardenburger Oven Roasted Potatoes, Summer Vegetables, Hamburger Bun, Banana Pudding	03 Closed for Holiday
06 Bean Chili Rice, Sliced Carrots, Wheat Bread, Strawberry Craisins	07 Falafel Balls w/ Tzatziki Sauce Lentil Vegetable Pilaf, Broccoli, Wheat Pita Pocket Half, Fresh Banana	08 Spaghetti Torte Green Beans, Cauliflower, Butterscotch Brownie	09 Veggie Meatballs w/Gravy Lima Beans, Garlic Spinach, Dinner Roll, Sugar Cookie	10 Cheese Omelete Whipped Potatoes, Mixed Vegetables, Dinner Roll, Fresh Fruit	
13 Three Cheese Ziti Green Peas, Glazed Carrots, Dinner Roll, Fresh Fruit	14 Thai Chili Vegetable Eggroll Jasmine Rice, Japanese Vegetables, Texas Bread, Almond Cookie	15 Six Bean Stew Southern Style Grits, Broccoli, Dinner Roll, Fruited Orange Gelatin	16 Bean Tamale Pie Roasted Sweet Potatoes, Brussels Sprouts, Bran Banana Muffin	17 Egg Salad Broccoli Craisin Salad, Cucumber & Tomato Salad, Club Crackers (2), Fresh Banana	
20 Lentil Bolognese w/ Spaghetti Herbed Green Peas, Parslied Carrots, Chocolate Chip Cookie	21 Spinach Crustless Quiche Oven Roasted Potatoes, Broccoli, Texas Bread, Strawberry Swirl Pudding	22 Cheese Enchiladas w/ Sauce Pinto Beans, Cilantro Lime Corn, Carnival Cookie	23 White Bean Chili Garlic Parmesan Cauliflower, Green Beans, Saltine Crackers (2), Fruited Lemon Gelatin	24 Chickpea Italiano Wild Rice, Catalina Vegetables, Wheat Bread, Fresh Fruit	
27 Eggplant Parmesan Parslied Penne Pasta, Green Beans w/ Peppers & Onions, Dinner Roll, Chocolate Chip Brownie	28 Butternut Squash & Black Bean Casserole Cream Cheese Corn, Brussels Sprouts, Texas Bread, Fresh Banana	29 Vegetable Frittata Roasted Sweet Potatoes, Green Peas, Dinner Roll, Cinnamon Sugar Cookie	30 Pimento Cheese Lettuce & Tomato, Couscous Salad, Wheat Bread (2), Fruited Strawberry Gelatin	31 Bean Tamale Pie Confetti Rice, Fiesta Vegetables, Cinnamon Swirl Pudding	

Mighty Meals Vegetarian (Frozen)

Based on product availability, substitutions may occur.

29 Broccoli Chickpea Curry	30 White Bean Chili	01 Vegetable Cajun Gumbo	02 Black Bean Burger	03 Closed for Holiday Vegetable Frittata
06 Veggie Potato Stew	07 Vegetable Shepherd's Pie	08 Italian Shells & Cheese	09 Garlic Parmesan Couscous	10 Smothered Veggie Meatballs
13 Mixed Bean Chili	14 Six Bean Stew	15 Cheese Omelet	16 BBQ Gardenburger	17 White Bean Chili
20 Bean Chili	21 Falafel Balls w/ Tzatziki Sauce	22 Spaghetti Torte	23 Veggie Meatballs w/ Gravy	24 Cheese Omelet
27 Three Cheese Ziti	28 Thai Chili Vegetable Eggroll	29 Six Bean Stew	30 Bean Tamale Pie	31 Vegetarian Chili

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Mighty Strong - High Calorie, High Protein (Frozen)
**Medically Tailored Meals require Doctor's Note*

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

Mighty Healthy - Obesity, Diabetic, Cardiac (Frozen)
**Medically Tailored Meals require Doctor's Note*

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

Mighty Well - Renal (Frozen)
**Medically Tailored Meals require Doctor's Note*

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

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