

# MEALS ON WHEELS MENU - JUNE 2019

## VEGETARIAN MEALS

3 Cheese Omelet Roasted Potatoes Fruited Granola WG Bread Graham Crackers Orange-Pineapple Juice	4 Manicotti Alfredo Seasoned Peas Italian Vegetables WG Bread Grape Juice	5 Vegetarian Chili Pinto & Carrot Blend Corn Muffin Margarine Apple Juice	6 Macaroni & Cheese Seasoned Carrot Cuts Green Peas WG Bread/Margarine Pineapple Cup	7 Country Egg Skillet w/Potatoes, Tomatoes, Peppers, Mushrooms, Onion, and Cheese Spiced Peaches WG Bread/Margarine Applesauce
10 Black Beans & Rice w/ Corn & Red Pepper Carrots WG Bread/Margarine Peach Cup	11 Eggplant Parmesan Garbanzo Beans WG Bread/Margarine Mandarin Oranges Waffle Grahams	12 Bean Burrito w/ Queso Spinach Souffle Corn Muffin Margarine Mixed Fruit Cup	13 Cheese Omelet Roasted Potatoes Fruited Granola WG Bread Graham Crackers Orange-Pineapple Juice	14 Manicotti Alfredo Seasoned Peas Italian Vegetables WG Bread Grape Juice
17 Vegetarian Chili Pinto & Carrot Blend Corn Muffin Margarine Apple Juice	18 Macaroni & Cheese Seasoned Carrot Cuts Green Peas WG Bread/Margarine Pineapple Cup	19 Country Egg Skillet w/Potatoes, Tomatoes, Peppers, Mushrooms, Onion, and Cheese Spiced Peaches WG Bread/Margarine Applesauce	20 Black Beans & Rice w/ Corn & Red Pepper Carrots WG Bread/Margarine Peach Cup	21 Eggplant Parmesan Garbanzo Beans WG Bread/Margarine Mandarin Oranges Waffle Grahams
24 Bean Burrito w/ Queso Spinach Souffle Corn Muffin Margarine Mixed Fruit Cup	25 Cheese Omelet Roasted Potatoes Fruited Granola WG Bread Graham Crackers Orange-Pineapple Juice	26 Manicotti Alfredo Seasoned Peas Italian Vegetables WG Bread Grape Juice	27 Vegetarian Chili Pinto & Carrot Blend Corn Muffin Margarine Apple Juice	28 Macaroni & Cheese Seasoned Carrot Cuts Green Peas WG Bread/Margarine Pineapple Cup

All meals served with 1% low-fat white or non-fat chocolate milk. *WG = Whole Grain; WW = Whole Wheat*

**NOT GOING TO BE HOME? NOTIFY 48 HOURS IN ADVANCE.**  
 Call 817.558.2840 or 972.351.9943. Online [www.mowjec.org/cancel-my-meal](http://www.mowjec.org/cancel-my-meal)

