

MEALS ON WHEELS MENU - MAY 2019

		1 Macaroni & Cheese Seasoned Carrot Cuts Green Peas WG Bread/Margarine Pineapple Cup	2 Sliced Turkey with Gravy Cornbread Dressing Butternut Squash Flat Beans WG Bread/Margarine Mixed Fruit	3 Beef Patty with Onion Gravy Mashed Potatoes Rutabaga with Red Pepper WG Bun/Margarine Mini Moon Pie
6 Chicken Stew Green Beans Apple Raisin Fruit WG Bread/Margarine Chocolate Chip Cookie	7 Cavatappi Bolognese Italian Vegetables WG Bread/Margarine Orange-Pineapple Juice	8 Pork Riblet in BBQ Sauce Baked Beans Whole Kernel Corn WW Bread Margarine Chunky Cinnamon Apples	9 Chicken Teriyaki Rice with Stir-fry Vegetables Gingered Carrots WG Bread/Margarine Fresh Fruit	10 Chili Hot Dog Baked Beans Corn w/ Diced Tomato WG Hot Dog Bun Mustard Applesauce
13 Steak Patty with Mushroom Gravy Garlic Mashed Potatoes Squash and Green Bean Medley WG Bread/Margarine Pineapple Cup	14 WG Southern-style Pollock Nuggets Carrots Cheesy Potatoes WG Bread/Margarine Tartar Sauce Citrus Fruit Cup	15 Oven Baked Chicken Yellow Rice with Tomatoes and Chives Green Beans with Red Pepper WG Bread/Margarine Orange-Pineapple Juice	16 Macaroni & Beef Casserole Spinach California Veggies WW Bread Fresh Fruit Mini Moon Pie	17 Meatloaf Sofrito Diced Potatoes Butternut Squash WG Bread Apple Sauce
20 Manicotti Alfredo Peas Italian Vegetable Medley WG Bread Oatmeal Raisin Cookie	21 Batter Dipped Fish Nuggets Garlic Mashed Potatoes Carrots WG Bread/Margarine Mandarin Oranges	22 Sesame Chicken Broccoli Cauliflower w/ Red Pepper WG Bread/Margarine Waffle Grahams Orange Juice	23 Pork Chop Patty Sweet Potatoes Brussels Sprouts WG Bread/Margarine Applesauce	24 Meatloaf with Apple Brown Gravy Skin-on Potatoes Stewed Tomatoes WG Bread Pineapple Cup
27 MEMORIAL DAY	28 Western Omelet Potatoes O'Brien Strawberry Applesauce WG Bread Peanut Butter Orange Juice	29 Macaroni & Cheese Seasoned Carrot Cuts Green Peas WG Bread/Margarine Pineapple Cup	30 Sliced Turkey with Gravy Cornbread Dressing Butternut Squash Flat Beans WG Bread/Margarine Mixed Fruit	31 Beef Patty with Onion Gravy Mashed Potatoes Rutabaga with Red Pepper WG Bun/Margarine Mini Moon Pie

All meals served with 1% low-fat white or non-fat chocolate milk. Vegetarian meals available upon request.
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

