

MEALS ON WHEELS MENU - MAY

2019 VEGETARIAN MEALS

		1 Vegetarian Chili Pinto & Carrot Blend Corn Muffin Margarine Apple Juice	2 Macaroni & Cheese Seasoned Carrot Cuts Green Peas WG Bread/Margarine Pineapple Cup	3 Country Egg Skillet w/Potatoes, Tomatoes, Peppers, Mushrooms, Onion, and Cheese Spiced Peaches WG Bread/Margarine Applesauce
6 Black Beans & Rice w/ Corn & Red Pepper Carrots WG Bread/Margarine Peach Cup	7 Eggplant Parmesan Garbanzo Beans WG Bread/Margarine Mandarin Oranges Waffle Grahams	8 Bean Burrito w/ Queso Spinach Souffle Corn Muffin Margarine Mixed Fruit Cup	9 Cheese Omelet Roasted Potatoes Fruited Granola WG Bread Graham Crackers Orange-Pineapple Juice	10 Manicotti Alfredo Seasoned Peas Italian Vegetables WG Bread Grape Juice
13 Vegetarian Chili Pinto & Carrot Blend Corn Muffin Margarine Apple Juice	14 Macaroni & Cheese Seasoned Carrot Cuts Green Peas WG Bread/Margarine Pineapple Cup	15 Country Egg Skillet w/Potatoes, Tomatoes, Peppers, Mushrooms, Onion, and Cheese Spiced Peaches WG Bread/Margarine Applesauce	16 Black Beans & Rice w/ Corn & Red Pepper Carrots WG Bread/Margarine Peach Cup	17 Eggplant Parmesan Garbanzo Beans WG Bread/Margarine Mandarin Oranges Waffle Grahams
20 Bean Burrito w/ Queso Spinach Souffle Corn Muffin Margarine Mixed Fruit Cup	21 Cheese Omelet Roasted Potatoes Fruited Granola WG Bread Graham Crackers Orange-Pineapple Juice	22 Manicotti Alfredo Seasoned Peas Italian Vegetables WG Bread Grape Juice	23 Vegetarian Chili Pinto & Carrot Blend Corn Muffin Margarine Apple Juice	24 Macaroni & Cheese Seasoned Carrot Cuts Green Peas WG Bread/Margarine Pineapple Cup
27 MEMORIAL DAY	28 Country Egg Skillet w/Potatoes, Tomatoes, Peppers, Mushrooms, Onion, and Cheese Spiced Peaches WG Bread/Margarine Applesauce	29 Black Beans & Rice w/ Corn & Red Pepper Carrots WG Bread/Margarine Peach Cup	30 Eggplant Parmesan Garbanzo Beans WG Bread/Margarine Mandarin Oranges Waffle Grahams	31 Bean Burrito w/ Queso Spinach Souffle Corn Muffin Margarine Mixed Fruit 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

