

## MMOW Frozen Menu Selection (May 5th, 2025 - August 1st 2025)

Note: if you are requesting gluten friendly, dairy friendly, or renal frozen entrees, the sides including desserts, fruit, or beverages may be altered to meet these specific dietary needs

Chicken/Turkey	Beef	Vegetarian	Asian Inspired	Latinx	Fish/Seafood
<b>NEW: Lemon Feta Turkey</b> Orzo Pasta Zucchini, Cauliflower, Carrots, Lima Beans, Green Beans Banana Muffin	<b>Cheeseburger</b>  Whole Wheat Hamburger Bun Vegetarian Baked Beans  Applesauce Cup	<b>Macaroni and Cheese</b>  Peas Oatmeal Raisin Cookie	<b>NEW: Vegetable Fried Rice with Tofu</b> (GFDF without cookie)  Zucchini  Fruit Cocktail  Oatmeal Chocolate Chip Cookie	<b>Chicken Posole Soup</b> (GFDF without cookie)  Spanish Brown Rice   Pear Cup  Snickerdoodle Cookie	<b>NEW: Baked Fish with Spinach Cream Sauce</b> Whole Wheat Penne Pasta  Brussels Sprouts  Mandarin Orange Cup Chocolate White Chocolate Chip Cookie
<b>Three Cheese Pasta with Turkey</b>  5-Way Vegetable Medley  Mandarin Orange Cup		<b>Meatloaf</b> (Gluten Free)  Mashed Potatoes	<b>Butternut Squash Soup</b> (GFDF without cookie)  Herbed Quinoa Pilaf  Snickerdoodle Cookie	<b>Korean-Inspired Ground Beef</b> (GFDF without muffin)  Coconut Ginger Rice  Stir Fry Vegetable Blend  Lemon Blueberry Muffin	<b>Chimichurri Pork</b> (GFDF without muffin)  Cilantro Lime Rice  Zucchini, Carrots, Green Beans Banana Muffin
<b>NEW: Lemon Chicken &amp; Barley Soup</b> (Dairy Free without Cookie) Roasted Sweet Potatoes Applesauce Cup Chocolate White Chocolate Chip Cookie	Zucchini, Yellow Squash, Italian Green Beans, Red Bell Pepper, Spinach  Pear Cup	<b>NEW: Sweet Potato Peanut Soup</b> (GFDF without dinner roll and butter) Peas Dinner Roll + Butter Pear Cup	<b>Sesame Chicken</b> (GFDF)  Brown Rice  Green Beans  Applesauce Cup	<b>Beef Quesadilla</b>  Cilantro Lime Rice  Chuckwagon Vegetable Blend	<b>Pork</b>  <b>Baked Ham with Mustard Apple Glaze</b> (GF without cookie) Mashed Potatoes  Corn, Carrots, Green Beans Mixed Fruit Cup Oatmeal Raisin Cookie
<b>Breakfast Sandwich (Egg, Cheddar Cheese, Turkey Sausage)</b>  Whole Wheat English Muffin  Breakfast Potato Hash Applesauce Cup	<b>Beef Lasagna</b>  Peas  Peach Cup	<b>NEW: Primavera Casserole</b>  Whole Wheat Pasta	<b>Sweet and Sour Chicken</b> (GFDF) Brown Rice Kyoto Vegetable Blend  Peach Cup	<b>Fish Taco Bowl</b> (GFDF)  Cuban Style Black Beans and Rice	<b>NEW: Garlic Parmesan Pork</b>  Barley Risotto  Corn  Apple Slices  Oatmeal Chocolate Chip Cookie
<b>BBQ Chicken</b> (GFDF)  Chuckwagon Vegetable Blend  Brown Rice  Pineapple Cup	<b>Pasta with Meat Sauce</b> Broccoli Cuts Peach Cup	Peas & Carrots Applesauce Cup	<b>Ginger Soy Fish</b> (GFDF without muffin)  Brown Rice  Asian Vegetable Blend  Banana Muffin	<b>Pineapple Mango Salsa</b>  Corn  Apple Slices	
<b>Cheesy Chicken and Rice Casserole</b> Peas, Zucchini, Carrots, Green Beans, Onion  Mixed Fruit Cup Lemon Blueberry Muffin	<b>NEW: Ground Beef Hotdish</b> (GFDF)  Tater Tots  Corn, Carrots, Green Beans  Mixed Fruit Cup				
<b>Baked French Toast</b> Turkey Sausage  Breakfast Potato Hash Cinnamon Applesauce Cup	<b>Salisbury Steak</b> (Dairy Free)  Whole Wheat Egg Noodles  Mushroom Gravy Peas and Carrots Mixed Fruit Cup				