

MMOW Frozen Menu Selection (Sept 30th - Jan 3rd 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	Latino	Fish/Seafood
NEW: Greek Chicken Pasta Whole Wheat Pasta Diced Carrots Pumpkin Spice Snickerdoodle Cinnamon Applesauce Cup	NEW: Meatloaf Mashed Potatoes and Gravy Peas Pear Cup	Macaroni and Cheese California Vegetable Medley Date & Fig Cookie NEW: Sweet Potato Bean Chili (GFDF without muffin & butter)	NEW: Coconut Red Curry Chicken (GFDF without cookie) Jasmine Rice Sauteed Collard Greens Fruit Cocktail Date & Fig Cookie	Bean Vera Cruz (GFDF without pudding cup) Coconut Black Bean Rice Corn Applesauce Cup Pudding Cup	NEW: Baked Fish with Herb Sauce Barley Risotto Brussels Sprouts Caramel Apple Cookie Coconut Curry Fish (GFDF) White Rice Peas Mandarin Orange Cup
Three Cheese Turkey Pasta Bake Vegetable Medley Pudding Cup	Spaghetti with Meat Sauce Whole Wheat Spaghetti 5-Way Vegetable Medley Peach Cup	Cauliflower Florets Cornbread Muffin with Butter Peach Cup NEW: Squash Casserole (GFDF)	Basil Stir Fry with Beef and Peppers (GFDF without Pudding) Jasmine Rice Sauteed Bok Choy Applesauce Cup Pudding Cup NEW: Sesame Chicken and Vegetables (GFDF) Brown Rice Green Beans Applesauce Cup	NEW: Ropa Vieja (GFDF) Spanish Brown Rice Peas & Carrots Pineapple Cup NEW: Lentil Taco Bowl (GFDF) Spanish Brown Rice Broccoli, Green Beans, Red Bell Pepper, Carrots Pear Cup	Tuna Casserole Whole Wheat Egg Noodles Vegetable Medley Pumpkin Blueberry Muffin
Tater Tot Hot dish Shredded Cheddar Cheese 5-Way Vegetable Medley Sunbutter Cookie	Beef Lasagna Corn, Carrots, Green Beans Peach Cup	Herbed Quinoa Edamame Mixed Fruit Cup	Orange Chicken (GFDF) Brown Rice Kyoto Vegetable Blend Peach Cup Sweet and Sour Chicken (GFDF without the Muffin) Brown Rice Edamame Mixed Fruit Cup	Southwest Turkey Taco Bowl (GFDF) Cuban Style Black Beans and Rice Italian Vegetable Blend Fruit Cocktail Chicken Tinga (GFDF without the cookie) Black Bean Puree Spanish Brown Rice Corn Tortilla Chuckwagon vegetable blend Chocolate Chip Cookie	Pork Baked Ham with Mustard Apple Glaze (GF without cookie) Mashed Potatoes Green Beans Pear Cup Pumpkin Spice Snickerdoodle Cookie
Breakfast Sandwich Whole Wheat English Muffin Egg with Cheddar Cheese Turkey Sausage Roasted Potato Hash Applesauce Cup	Cheeseburger Whole Wheat Hamburger Bun Vegetarian Baked Beans Applesauce Cup Beef Sloppy Joe Potato Hash Whole Wheat Hamburger Bun Broccoli Florets Pear Cup		Ginger Soy Fish (GFDF without cookie) Brown Rice Asian Vegetable Blend Pumpkin Spice Snickerdoodle Cookie Hmong Sweet Pork (DF) Brown Rice Kyoto Vegetable Blend Mandarin Orange Cup	Chimichurri Pork (GFDF without muffin) Cilantro Lime Rice Diced Carrots Cornbread Muffin with Butter Arroz Con Pollo (GFDF without Muffin) Spanish Brown Rice Chuckwagon vegetable blend Apple Coffee Cake Muffin Beef Quesadilla Spanish Brown Rice Corn Fruit Cup Pudding Cup	Ginger Honey Glazed Pork (GFDF) Brown Rice Broccoli Peach Cup
BBQ Chicken (GFDF) Chuckwagon Vegetable Blend Brown Rice Pineapple Cup	Salisbury Steak Whole Wheat Egg Noodles Mushroom Gravy Peas and Carrots Mixed Fruit Cup				
Chicken and Wild Rice Soup Green Beans Fruit Cocktail Apple Coffee Cake Muffin					
Baked French Toast Turkey Sausage Roasted Potato Hash Cinnamon Applesauce Cup					

