

MMOW Frozen Menu Selection (January 2nd - March 1st)

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	Latin Inspired	Fish/Seafood
Turkey Tetrazzini Whole Wheat Egg Noodles Vegetable Medley Pumpkin Spice Bread	Beef Tips in Gravy Whole Wheat Egg Noodles Peas and Carrots Fruit Cup	NEW: Lentil Soup (GFDF without Blueberry Muffin) White Rice with Carrots Blueberry Muffin Fruit Cocktail	NEW: Pork and Cabbage Stir Fry White Rice Sautéed Zucchini Chocolate Sea Salt Cookie	Cilantro Lime Chicken (GFDF without Cookie) Brown Rice Corn Fruit Cup Oatmeal Raisin Cookie	Parmesan Crusted Fish Barley Risotto Italian Vegetable Blend Snickerdoodle Cookie
Chicken Alfredo Pasta Whole Wheat Pasta Vegetable Medley Almond Cherry Cookie	Beef Pot Roast with Gravy Dinner Roll with Butter Mashed Potatoes Vegetable Medley Blend Applesauce Cup	Macaroni and Cheese Peas Fruit Cup NEW: Vegetable Egg Bake Breakfast Potatoes Applesauce Cup Almond Cherry Sprinkle Cookie	NEW: Pork with Sour Bamboo (DF without pudding cup) White Rice Steamed Green Beans Pudding Cup	Black Bean Enchilada Bake (GF without the cookie) Spanish Rice Corn Chocolate Chip Cookie	Baked Fish with Spinach Cream Sauce Whole Wheat Penne Pasta Italian Vegetable Blend Applesauce Cup Chocolate Sea Salt Cookie
NEW: Three Cheese Pasta with Turkey Vegetable Medley Date and Fig Cookie	NEW: Spaghetti with Meat Sauce Whole Wheat Spaghetti California Vegetable Medley Peach Cup	Vegetarian Lasagna Peas Chocolate White Chocolate Chip Cookie	Sweet and Sour Chicken (GFDF without the Muffin) Brown Rice Edamame Fruit Cup Double Chocolate Chip Muffin	Beef Tacos (GFDF) Corn Tortilla Cilantro Lime Rice Salsa Verde Corn Peach Cup	NEW: Ginger Soy Fish (GFDF without Muffin) Brown Rice Asian Vegetable Blend Cinnamon Coffee Cake Muffin
Breakfast Sandwich Whole Wheat English Muffin Egg with Cheddar Cheese Turkey Sausage Breakfast Potatoes Hash Applesauce Cup Lemon Bar	Beef Lasagna Peas Chocolate Chip Cookie		NEW: Sesame Pork Noodles (DF without Snickerdoodle) Asian Vegetable Blend Fruit Cup Snickerdoodle Cookie	Arroz Con Pollo (GFDF without Cookie) California Vegetable Blend Chocolate Chip Cookie	Tuna Casserole Whole Wheat Egg Noodles Vegetable Medley Oatmeal Breakfast Cookie
NEW: Rosemary Chicken (GFDF) Herb Lemon Brown Rice Roasted Potatoes Beets	Beef Meatloaf Dinner Roll with Butter Mashed Potatoes Green Beans Fruit Cocktail		Chicken and Tomato Stir Fry (DF without Cookie) White Rice Sautéed Zucchini Applesauce Oatmeal Breakfast Cookie	Beef Quesadilla Spanish Rice Santa Fe Vegetable Medley Fruit Cup	
NEW: Chicken and Wild Rice Soup Green Beans Dinner Roll and Butter Fruit Cocktail Chocolate Chip Cookie			Vietnamese Style Chicken (GFDF without the Cookie) Brown Rice Vegetable Medley Applesauce Molasses Cookie	NEW: Southwest Turkey Taco Bowl (GFDF) Black Beans and Rice Italian Vegetable Blend Fruit Cocktail	
Roast Turkey Dinner Stuffing Gravy Green Beans Snickerdoodle Cookie				Chicken Enchilada Bake Corn Spanish Brown Rice Fruit Cup Chocoalte Chip Cookie	



Pork

NEW: Herb Roasted Pork
(GF)

Mashed Potatoes
Italian Vegetable Medley
Fruit Cup

Baked Ham with Mustard
Apple Glaze

Dinner Roll with Butter

Mashed Potatoes

Green Beans

Cinnamon Coffee Cake Muffin

Cheesy Ham and Broccoli
Casserole

Corn

Pineapple

Chocolate White Chocolate
Chip Cookie