

MMOW Frozen Menu Selection (April 1st - June 28th)

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 Blueberry Muffin	Beef Pot Roast with Gravy Dinner Roll with Butter Mashed Potatoes Vegetable Medley Blend	Macaroni and Cheese Peas Fruit Cup	Pork and Cabbage Stir Fry White Rice	Black Bean Enchilada Bake Spanish Brown Rice	Parmesan Crusted Fish Barley Risotto Italian Vegetable Blend
Three Cheese Pasta with Turkey Vegetable Medley Snickerdoodle Cookie	Applesauce Cup	Vegetable Egg Bake Breakfast Potatoes	Sauteed Zucchini	Corn	Snickerdoodle Cookie
	Spaghetti with Meat Sauce Whole Wheat Spaghetti	Applesauce Cup	Chocolate Sea Salt Cookie	Applesauce Cup	NEW: Coconut Curry Fish (GFDF) White Rice
NEW: Tater Tot Hot dish Shredded Cheddar Cheese 5-Way Vegetable Medley Mocha White Chocolate Chip Cookie	California Vegetable Medley Peach Cup Cinnamon Coffee Cake Muffin	NEW: Tempeh Tater Tot Hotdish Shredded Cheddar Cheese 5-Way Vegetable Medley	Pork with Sour Bamboo (DF without pudding cup) White Rice Steamed Green Beans Pudding Cup	NEW: Beef Picadillo (GFDF without muffin) Brown Rice with Corn Corn Cinnamon Coffee Cake Muffin	Peas Mandarin Orange Cup
Breakfast Sandwich Whole Wheat English Muffin Egg with Cheddar Cheese Turkey Sausage Breakfast Potatoes Hash Applesauce Cup Chocolate Banana Muffin	Beef Lasagna Peas Chocolate Chip Cookie	White Chocolate Lemon Cookie	Chicken and Tomato Stir Fry (DF without Cookie) White Rice Sauteed Zucchini Applesauce Oatmeal Raisin Cookie	Beef Tacos (GFDF) Corn Tortilla Cilantro Lime Rice Salsa Verde Corn Peach Cup	Tuna Casserole Whole Wheat Egg Noodles Vegetable Medley Oatmeal Raisin Cookie
	Beef Meatloaf Dinner Roll with Butter Mashed Potatoes Green Beans Fruit Cocktail		NEW: Orange Chicken (GFDF without Cookie) Brown Rice Kyoto Vegetable Blend Mocha White Chocolate Chip Cookie	Arroz Con Pollo (GFDF without Cookie) Spanish Brown Rice California Vegetable Blend Chocolate Chip Cookie	Pork Herb Roasted Pork (GF) Mashed Potatoes Italian Vegetable Medley Fruit Cup Blueberry Muffin
NEW: BBQ Chicken (GFDF without cookie) Vegetarian Baked Beans Brown Rice with Corn Fruit Cocktail Chocolate Chip Cookie	NEW: Beef Stew Mashed Potatoes Green Beans Applesauce Cup		Sweet and Sour Chicken (GFDF) Brown Rice Edamame Fruit Cup	Beef Quesadilla Spanish Rice Carrots Fruit Cup Pudding Cup	Baked Ham with Mustard Apple Glaze Dinner Roll with Butter Mashed Potatoes Green Beans Cinnamon Coffee Cake Muffin
Roast Turkey Dinner Stuffing Gravy Green Beans Snickerdoodle Cookie			Ginger Soy Fish (GFDF without Muffin) Brown Rice Asian Vegetable Blend Cinnamon Coffee Cake Muffin	Southwest Turkey Taco Bowl (GFDF) Black Beans and Rice Italian Vegetable Blend Fruit Cocktail	NEW: Ginger Honey Glazed Pork (GFDF) Brown Rice Broccoli Peach Cup
Chicken and Wild Rice Soup Green Beans Fruit Cocktail Chocolate Chip Cookie			NEW: Hmong Sweet Pork Brown Rice Kyoto Vegetable Blend Chocolate Sea Salt Cookie	Chicken Enchilada Bake Corn Spanish Brown Rice Fruit Cup Chocoalte Banana Muffin	