

MOW Frozen Menu Selection (July 1st - Sept 27th)

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
Turkey Tetrazzini Whole Wheat Egg Noodles Diced Carrots Carrot Cake Muffin	Beef Pot Roast with Gravy Mashed Potatoes Vegetable Medley Blend Pear Cup	Macaroni and Cheese Peas Fruit Cup	Pork and Cabbage Stir Fry (DF without cookie) Jasmine Rice Sauteed Zucchini Fruit Cocktail Chocolate Sea Salt Cookie	NEW: Bean Vera Cruz (GFDF without cookie) Black Beans and Rice Corn Applesauce Cup Sunbutter Cookie	Parmesan Crusted Fish Cranberry Wild Rice Pilaf Scandanavian Vegetable Blend Mixed Fruit Cup
Three Cheese Turkey Pasta Bake Vegetable Medley Chocolate Banana Muffin	Spaghetti with Meat Sauce Whole Wheat Spaghetti 5-Way Vegetable Medley Peach Cup	Vegetable Egg Bake Breakfast Potatoes Warm Cinnamon Apples Carrot Cake Muffin	NEW: Basil Stir Fry with Beef and Peppers (GFDF without Pudding) Jasmine Rice Sauteed Bok Choy Applesauce Cup Pudding Cup	Beef Picadillo (GFDF) Spanish Rice 5 Way Vegetable Medley Peach Cup	Coconut Curry Fish (GFDF without muffin) White Rice Peas Mandarin Orange Cup Blueberry Zucchini Muffin
Tater Tot Hot dish Shredded Cheddar Cheese 5-Way Vegetable Medley Sunbutter Cookie	Beef Lasagna Peas Peach Cup	NEW: White Bean Pasta Primavera Peas and Carrots Peach Cobbler Cookie	Chicken and Tomato Stir Fry (DF without cookie) Jasmine Rice Sauteed Zucchini Applesauce Cup Oatmeal Raisin Cookie	Beef Tacos (GFDF) Corn Tortilla Cilantro Lime Rice Salsa Verde Corn Peach Cup	Tuna Casserole Whole Wheat Egg Noodles Vegetable Medley Snickerdoodle Cookie
Breakfast Sandwich Whole Wheat English Muffin Egg with Cheddar Cheese Turkey Sausage Breakfast Potatoes Applesauce Cup	NEW: Cheeseburger Whole Wheat Hamburger Bun Vegetarian Baked Beans Applesauce Cup		Orange Chicken (GFDF) Brown Rice Kyoto Vegetable Blend Peach Cup	Southwest Turkey Taco Bowl (GFDF) Black Beans and Rice Italian Vegetable Blend Fruit Cocktail NEW: Chicken Tinga (GFDF without the cookie) Black Bean Puree	Baked Ham with Mustard Apple Glaze (GF without cookie) Mashed Potatoes Green Beans Pear Cup Oatmeal Raisin Cookie
BBQ Chicken (GFDF) Vegetarian Baked Beans Brown Rice Fruit Cocktail	NEW: Beef Sloppy Joe Potato Hash Whole Wheat Hamburger Bun Green Beans Pear Cup		Sweet and Sour Chicken (GFDF without the Muffin) Brown Rice Edamame Fruit Cup Blueberry Zucchini Muffin	Spanish Brown Rice Corn Tortilla Chuckwagon vegetable blend Chocolate Chip Cookie	Ginger Honey Glazed Pork (GFDF) Brown Rice Broccoli Peach Cup
Chicken and Wild Rice Soup Green Beans Fruit Cocktail Chocolate Chip Cookie	NEW: Salisbury Steak Whole Wheat Egg Noodles Mushroom Gravy Peas and Carrots Oatmeal Raisin Cookie		Ginger Soy Fish (GFDF without cookie) Brown Rice Asian Vegetable Blend Snickerdoodle Cookie	Chimichurri Pork (GFDF without cookie) Cilantro Lime Rice Diced Carrots Pineapple Cup Oatmeal Raisin Cookie	
NEW: Baked French Toast Turkey Sausage Breakfast Potatoes Cinnamon Applesauce Cup			Hmong Sweet Pork (DF) Brown Rice Kyoto Vegetable Blend Mandarin Orange Cup	Arroz Con Pollo (GFDF without Muffin) Spanish Brown Rice Chuckwagon vegetable blend Chocolate Banana Muffin Beef Quesadilla Spanish Brown Rice Corn Fruit Cup Pudding Cup	