

MMOW Frozen Menu Selection (November 2025 - January 2026)

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
NEW: Chicken Wild Rice Hotdish Corn Whole Fresh Pear	Cheeseburger Casserole Whole Wheat Elbows Green Beans Mixed Fruit Cup	NEW: Pumpkin Pasta Bake Peas Apple Slices Dessert	NEW: Ground Pork Fried Rice (Dairy Free without dessert) Sliced Zucchini Dessert	Chicken Enchilada Bowl (Gluten Free) Cilantro Lime Rice Corn Tortilla Cheddar and Mozzarella Cheese Pineapple Cup	Baked Fish with Spinach Cream Sauce Whole Wheat Penne Pasta Zucchini, Carrots, Green Beans Pear Cup Dessert
NEW: Roast Turkey Dinner Whole Wheat Bread Stuffing Gravy Glazed Carrots Dessert	Meatloaf (GFDF) Dairy Free Mashed Potatoes Beef Gravy	Primavera Casserole Whole Wheat Pasta Peas and Carrots Peach Cup	Beef & Cabbage Stir Fry (GFDF) Brown Rice Edamame Mandarin Orange Cup	NEW: Beef Tacos (GFDF) Cuban Style Black Beans and Rice Chuckwagon Vegetable Blend Corn Tortilla Applesauce Cup	Mustard Herb Roasted Fish (GFDF without dessert) Wild Rice Pilaf Corn Mixed Fruit Cup Dessert
Three Cheese Pasta with Turkey Whole Wheat Penne Zucchini, Carrots, Green Beans Peach Cup	NEW: Beef Cottage Pie (GFDF) Dairy Free Mashed Potatoes Green Beans Cinnamon Applesauce Cup	Roasted Red Pepper & Sweet Potato Soup (GFDF without dinner roll and butter) Peas Dinner Roll + Butter Cinnamon Applesauce Cup	Sweet and Sour Chicken (GFDF without dessert) Brown Rice Edamame, Red Bell Pepper, Carrots, Corn, Broccoli Dessert	Fish Taco Bowl (GFDF) Cuban Style Black Beans and Rice Pineapple Mango Salsa Corn Dessert	Lemon Garlic Fish Barley Risotto Peas Cinnamon Applesauce Cup Dessert
Blueberry Sheet Pan Pancakes Turkey Sausage Breakfast Hash Cinnamon Applesauce Cup	Beef Lasagna Carrots, Zucchini, Italian Green Beans, Lima Beans, Cauliflower Pear Cup	Macaroni & Cheese Whole Wheat Elbows Carrots, Zucchini, Italian Green Beans, Lima Beans, Cauliflower Dessert	Coconut Curry Chicken (GFDF) White Rice Garlic Sauteed Vegetables		Pork
BBQ Chicken (GFDF) Brown Rice Chuckwagon Vegetable Blend Pineapple Cup	NEW: Beef Chili (Gluten Free without dessert) Brown Rice Cheddar Cheese Dessert	NEW: Mushroom Wild Rice Hotdish (Gluten Free without dessert) Peas, Carrots, Onion, Zucchini, Green Beans Whole Fresh Pear Dessert			NEW: Honey Mustard Pork (Gluten Free) Wild Rice Pilaf Roasted Potatoes, Sweet Potatoes and Carrots Whole Fresh Pear
Cheesy Chicken and Rice Casserole Peas, Zucchini, Carrots, Green Beans, Onion Mandarin Orange Cup Dessert	NEW: Beef Cabbage Roll Bowl (GFDF) White Rice Peas and Carrots Applesauce Cup				Garlic Parmesan Pork Barley Risotto Corn Peach Cup
Breakfast Sandwich Turkey Sausage Egg Patty Provolone Cheese Breakfast Potato Hash Peach Cup					