
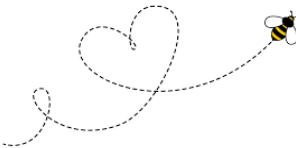




Meals on Wheels of Metro Tulsa
(918) 627-4103

May 2025 Menu-Regular

****MENU SUBJECT TO CHANGE****

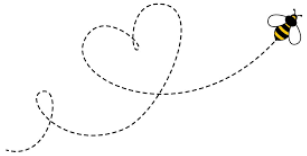
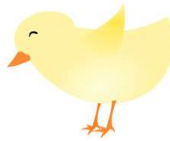

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1</p> <p>Cajun Meatloaf Whipped Potatoes Green Beans</p>	<p>2</p> <p>BBQ Pork Rib Patty* Ranch Beans Parslied Carrots</p>
<p>5</p> <p>Beef Jardine Dirty Rice Parmesan Tomatoes</p>	<p>6</p> <p>Turkey Pasta Bolognese Whole Kernel Corn Broccoli</p>	<p>7</p> <p>Chicken Enchilada Bake Black Beans Dilled Carrots</p>	<p>8</p> <p>Vegetable Frittata Hashbrowns Spinach</p>	<p>9</p> <p>Meatloaf Brown Gravy Whipped Potatoes Garden Vegetables</p>
<p>12</p> <p>Turkey Tetrizzini Broccoli Squash/Zucchini/Tomatoes</p>	<p>13</p> <p>Mozzarella Chicken Pasta Florentine Green Beans</p>	<p>14</p> <p>Turkey Sausage Patties (2) French Toast Sticks Oven Roasted Potatoes Cheesy Spinach</p>	<p>15</p> <p>Beef Taco Pinto Beans Mexican Corn</p>	<p>16</p> <p>Lemon Caper Chicken Parslied Potatoes Stewed Tomatoes</p>
<p>19</p> <p>Creole Beef Whipped Potatoes Catalina Vegetables</p>	<p>20</p> <p>Turkey Brunswick Stew Whole Kernel Corn Medley Cabbage</p>	<p>21</p> <p>Creamy Caper Chicken Rotini Alfredo Herbed Green Beans</p>	<p>22</p> <p>Beef Chili with Beans Parslied Rice Glazed Carrots</p>	<p>23</p> <p>Loaded Potato Casserole Creole Tomatoes Spinach</p>
<p>26</p> <p>Tarragon Chicken Almond Brown Rice Medley Cabbage</p>	<p>27</p> <p>Swiss Steak Lemon Herb Pasta Cauliflower</p>	<p>28</p> <p>Turkey Chili with Beans Broccoli Dilled Carrots</p>	<p>29</p> <p>Eggless Breakfast Scramble* Black Beans Hot Spiced Pineapple</p>	<p>30</p> <p>Turkey Macaroni and Cheese Country Vegetables Herbed Green Peas</p>
				<p>*Please note that substitutions may have to be made sometimes for specific items due to shortages, unavailability of the product from the vendors, or for other reasons</p>

Meals on Wheels of Metro Tulsa

(918) 627-4103

May 2025 Menu- Poultry - Vegetarian

****MENU SUBJECT TO CHANGE****


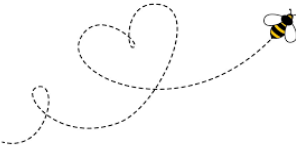


Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1</p> <p>Corn Chowder Whipped Potatoes Green Beans</p>	<p>2</p> <p>BBQ Veggie Meatballs Ranch Beans Parslied Carrots</p>
<p>5</p> <p>Vegetable Cajun Gumbo Dirty Rice Parmesan Tomatoes</p>	<p>6</p> <p>Spinach Macaroni and Cheese Whole Kernel Corn Broccoli</p>	<p>7</p> <p>Cheese Enchiladas Black Beans Dilled Carrots</p>	<p>8</p> <p>Vegetable Frittata Hashbrowns Spinach</p>	<p>9</p> <p>Veggie Sausages Whipped Potatoes Garden Vegetables</p>
<p>12</p> <p>Spaghetti Torte Broccoli Squash/Zucchini/Tomatoes</p>	<p>13</p> <p>Veggie Meatballs with Gravy Pasta Florentine Green Beans</p>	<p>14</p> <p>Broccoli Cheese Bake French Toast Sticks Oven Roasted Potatoes Cheesy Spinach</p>	<p>15</p> <p>Veggie Taco Pinto Beans Mexican Corn</p>	<p>16</p> <p>Barley Chili Parslied Potatoes Stewed Tomatoes</p>
<p>19</p> <p>Veggie Sausages Whipped Potatoes Catalina Vegetables</p>	<p>20</p> <p>Lentil Stew Whole Kernel Corn Medley Cabbage</p>	<p>21</p> <p>Eggplant Parmesan Rotini Alfredo Herbed Green Beans</p>	<p>22</p> <p>Mixed Bean Chili Parslied Rice Glazed Carrots</p>	<p>23</p> <p>Tater Tot Casserole Creole Tomatoes Spinach</p>
<p>26</p> <p>Sesame Veggie Meatballs Almond Brown Rice Medley Cabbage</p>	<p>27</p> <p>Lentil Bolognese Lemon Herb Pasta Cauliflower</p>	<p>28</p> <p>White Bean Chili Broccoli Dilled Carrots</p>	<p>29</p> <p>Spinach Mushroom Crustless Quiche Black Beans Hot Spiced Pineapple</p>	<p>30</p> <p>Macaroni and Cheese Country Vegetables Herbed Green Peas</p>
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<p>19</p> <p>Veggie Sausages Whipped Potatoes Catalina Vegetables</p>	<p>20</p> <p>Turkey Brunswick Stew Whole Kernel Corn Medley Cabbage</p>	<p>21</p> <p>Creamy Caper Chicken Rotini Alfredo Herbed Green Beans</p>	<p>22</p> <p>Mixed Bean Chili Parslied Rice Glazed Carrots</p>	<p>23</p> <p>Loaded Potato Casserole Creole Tomatoes Spinach</p>
<p>26</p> <p>Tarragon Chicken Almond Brown Rice Medley Cabbage</p>	<p>27</p> <p>Lentil Bolognese Lemon Herb Pasta Cauliflower</p>	<p>28</p> <p>Turkey Chili with Beans Broccoli Dilled Carrots</p>	<p>29</p> <p>Spinach Mushroom Crustless Quiche Black Beans Hot Spiced Pineapple</p>	<p>30</p> <p>Turkey Macaroni and Cheese Country Vegetables Herbed Green Peas</p>
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