



# January

# 2026

Monday	Tuesday	Wednesday	Thursday	Friday
			1 CLOSED HAPPY NEW YEARS	2 Lenny's Meatball Sub
5 Market Street Beef Tips	6 Rock & Brews Smash Burger	7 Chicken Fajitas	8 Clean Eat Asian Mandarin Grilled Chicken Salad	9 Chicken Pot Pie
12 Cobb Salad	13 Rosa's Beef Soft Tacos	14 Chick-Fil-A Chicken Sandwich	15 La Madeline Chicken La Madeline	16 Bartley's BBQ Beef Sandwich
19 Meat U Anywhere Pulled Pork	20 Mama's Daughters Diner Beef Stew	21 Lenny's Club Sub	22 Pearl Chinese Orange Chicken	23 Grilled Cheese and Tomato Soup
26 Lasagna	27 Jersey Mike's Turkey Sub	28 Sausage Tortellini Soup	29 Chez Fabien Meatloaf	30 Chicken Caesar Salad

The RED days are NOT MMOW days.  
Please see the back for updated guidelines.

## Guidelines for **In Person** Meal Program for Active Adults 55 & Better

**Meals must be ordered at least 48 hours ahead of time. The Active Adults Desk (817) 410-3465**

- Monday – must be ordered by 2 PM on Thursday in the prior week
  - Tuesday – must be ordered by 2 PM on Friday in the prior week
  - Wednesday – must be ordered by 2 PM the Monday before
  - Thursday – must be ordered by 2 PM the Tuesday before
  - Friday – must be ordered by 2 PM the Wednesday before
1. Reservations may be made via Amilia or at the Active Adult front desk and can be for multiple days up to **4 weeks** in advance.
  2. Payment of **\$5/meal** must be made when the reservation is made. Payment can be made by cash, check or credit card.
  3. If a meal is canceled more than **48 hours** ahead of time, refunds will be put on your household account for future use. **There is no monetary refund for canceled meals.** Weekends **DO NOT** count in the 48-hour notice.
    25. If a meal is canceled less than **47 hours** ahead of time, the money is forfeited and put into an account to cover the expenses associated with the meal program.
    26. If a meal is served to someone on standby, the person must pay the **\$5** prior to receiving the meal.
    27. **We will No longer have ToGo meals. If you are wanting meals delivered to you at home, please contact Metroport Meals On Wheels @ 817.491.8534. This is a part of MMOW mission and meals are to be had at The REC to promote Socialization.**
    28. If you are not here by 12:15, then you have forfeited your meal, and it will be sold as a standby.
    29. Meals may not be purchased for friends/family under the age of 55.
    30. Be aware that we may not be able to meet your dietary restrictions so plan your reservations accordingly.
    31. We reserve the right to take your name off the list if you do not comply with our **No TOGO** policy.

- **As of October 1, 2025 – MMOW Days will now be \$7 a meal.**