



APRIL



2026

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Texas Roadhouse BBQ Chicken	2 Arby's Beef Sandwich	3 Salmon, Broccoli, & Rice
6 Grilled Cheese & Tomato Soup	7 Portillo's Chicago Dog	8 Clean Eat Chicken & Dressing	9 CFA Grilled Chicken Wrap and Chicken Noodle Soup	10 Weinbergers Rueben Sandwich
13 Fajitas	14 Bohemian Bull Cheeseburger	15 Mama's Daughters Diner Steak Tenders	16 Big Fish Grilled Chicken Salad	17 Bartley's Smoked Turkey Sandwich
20 Chicken Kefta Kabobs	21 Chez Fabien Pork Tenderloin	22 Lenny's Club Sandwich	23 Chicken Salad Chick Salad Trio	24 Spaghetti and Meatballs
27 Pulled Pork Baked Potato	28 Cowboy Chicken Woodfire Chicken Breast	29 Devivo Bros Meatloaf	30 Chicken Pot Pie & Berry Spinach 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 **\$5/7meal** 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.
 46. 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.
 47. If a meal is served to someone on standby, the person must pay the **\$5** prior to receiving the meal.
 - 48. We will No longer have ToGo meals. If you want 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.**
 49. If you are not here by 12:15, then you have forfeited your meal, and it will be sold as a standby.
 50. Meals may not be purchased for friends/family under the age of 55.
 51. Be aware that we may not be able to meet your dietary restrictions so plan your reservations accordingly.
 52. We reserve the right to take your name off the list if you do not comply with our **No TOGO** policy.