



July

2026

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Hawaiian Bros Teriyaki Chicken	2 Clean Eat Pot Roast	3 Cheeseburgers
6 Mexican Chicken and Rice Bowl	7 Market Street Steak Tips	8 Mama's Daughter's Diner Chef Salad	9 Jersey Mike's Turkey Sandwich	10 Chicken Pot Pie
13 Lenny's Ham Sandwich	14 Big Fish Grilled Chicken Salad	15 Scratch Kitchen Beef Taco Bake	16 Rock & Brews Smash Burger	17 Bartley's Chicken Fried Chicken
20 BLTs	21 Chi Fil A Chicken Sandwich	22 Chicken Salad Chick Salad Trio	23 Chez Fabien Grilled Shrimp Risotto	24 Pizza and Salad
27 Chicken Fajitas	28 Chicken Express Fried Catfish	29 Pasta & Meatballs	30 Costa Vida Sweet Pork Taco	31 Bartley's BBQ Beef Sandwich

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 **\$5/7 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.
 4. 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.
 5. If a meal is served to someone on standby, the person must pay the **\$5/7** prior to receiving the meal.
 6. **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.**
 7. If you are not here by 12:15, then you have forfeited your meal and it will be sold as a standby.
 8. Meals may not be purchased for friends/family under the age of 55.
 9. Be aware that we may not be able to meet your dietary restrictions so plan your reservations accordingly.
 10. We reserve the right to take your name off the list if you do not comply with our **No TOGO** policy.