



August



2026

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chili and Cornbread	4 Schlotzsky's Grilled Chicken Salad	5 Market Street Roasted Turkey	6 McAlister's Chili Cheese Baked Potato	7 Jason's Deli Chicken Salad Sandwich
10 Beef Tamales	11 Mama's Daughters' Diner Chicken & Dressing	12 Chicken Express Tenders	13 Lenny's Ham Sandwich	14 Fajitas
17 Chicken Teriyaki Bowl	18 Devivo's Pork Tenderloin	19 Cotton Patch Meatloaf	20 Son of Butcher Sliders	21 Bartley's BBQ Beef Sandwich
24 Jason's Deli Chicken Alfredo	25 Jersey Mike's Club Sandwich	26 Portillo's Pasta & Meatballs	27 Chez Fabien Quiche Lorraine	28 Cobb Salad
31 Quesadillas				

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.
 67. 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.
 68. If a meal is served to someone on standby, the person must pay the **\$5** prior to receiving the meal.
 - 69. 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.**
 70. If you are not here by 12:15, then you have forfeited your meal, and it will be sold as a standby.
 71. Meals may not be purchased for friends/family under the age of 55.
 72. Be aware that we may not be able to meet your dietary restrictions so plan your reservations accordingly.
 73. We reserve the right to take your name off the list if you do not comply with our **No TOGO** policy.