



2026

October



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Rock & Brews Chicken & Rice	2 Atomic Tamale Beef Tamales
5 Portillo's Chicken Tenders	6 Devivo's Chicken Parmesan	7 Lenny's Turkey Sub	8 Cotton Patch Blackened Tilapia	9 Bartley's BBQ Beef Sandwich
12 Lenny's Ham Sub	13 Uncle Julio's Chicken Enchilada & Pork Tamale	14 Jersey Mike's CLUB Sub	15 Chicken Salad Chick Chicken Salad Crossiant	16 Wise Guy's Shrimp Alfredo
19 Grilled Cheese & Tomato Soup	20 Chez Fabien Salmon & Kelli's Bday Cake	21 Weinberger's Reuben	22 Chicken Express Tenders	23 Pizza and Salad
26 Atomic Tamale Quesadillas	27 Texas Roadhouse Pulled Pork	28 Chick Fil A Sandwich	29 Clean EatZ Pot Roast	30 Bohemian Bull Hamburger

The RED days are REC lunches.

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. **REC days are \$5** and MMOW days are \$7 a meal.
 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/meal prior to receiving the meal.
 6. **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 eaten 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.