



## Minced & Moist Meal Choice Menu

To place an order please visit  
[mealsonwheelswesternmichigan.org](http://mealsonwheelswesternmichigan.org)  
 or call (616)-459-3111 ext. 1  
 8:00 am - 3:30 pm Monday through Friday

\*\*\*Note: The nutritional information provided for each meal is based on current product and recipe analysis at the time of menu printing. It may change slightly as products used for recipes are updated regularly. 10/19

**All meals come with a fruit serving (variety) and choice of milk (8 oz per meal)**

Item #	POULTRY OPTIONS	Calories*** (KCAL)	Protein*** (Grams)	Carb*** (Grams)	Fat*** (Grams)	Sodium*** (mg)
M-1	Baked Chicken with Gravy, Stuffing, Mashed Potatoes, Broccoli	335	25	36	12	427
M-5	Roast Turkey with Gravy, Stuffing, Sweet Potatoes, Green Beans	341	29	46	7	410
M-12	Turkey Meatloaf with Gravy, Stuffing, Mashed Potatoes, Carrots	458	27	46	20	501
Item #	BEEF OPTIONS	Calories (KCAL)	Protein (Grams)	Carb (Grams)	Fat (Grams)	Sodium (mg)
M-21	Roast Beef with Gravy, Noodles, Mashed Potatoes, Carrots	542	31	60	20	310
M-23	Salisbury Steak with Gravy, Mashed Potatoes, Noodles, Peas	589	29	66	23	407
M-24	Meatloaf with Gravy, Stuffing, Mashed Potatoes, Green Beans	489	24	40	27	389
M-28	Spaghetti with Meat Sauce, Carrots, Broccoli	302	20	48	6	137
Item #	PORK OPTIONS	Calories (KCAL)	Protein (Grams)	Carb (Grams)	Fat (Grams)	Sodium (mg)
M-42	Pork Cutlet with Gravy, Stuffing, Mashed Potatoes, Peas	445	25	39	22	383

<b>Item #</b>	<b>FISH OPTIONS</b>	<b>Calories (KCAL)</b>	<b>Protein (Grams)</b>	<b>Carb (Grams)</b>	<b>Fat (Grams)</b>	<b>Sodium (mg)</b>
M-53	Baked Tilapia w Lemon Sauce, Brown Rice, Sweet Potatoes, Peas	467	29	58	14	462
<b>Item #</b>	<b>VEGETARIAN OPTIONS</b>	<b>Calories (KCAL)</b>	<b>Protein (Grams)</b>	<b>Carb (Grams)</b>	<b>Fat (Grams)</b>	<b>Sodium (mg)</b>
M-61	Macaroni and Cheese, Hot Black Bean Salad, Broccoli	556	30	69	20	623
M-62	Vegetarian Red Beans and Rice, Broccoli, Peas	547	25	101	7	564
	<b>Milk per 8 ounce serving (1/2 Pint)</b>	<b>Calories (KCAL)</b>	<b>Protein (Grams)</b>	<b>Carb (Grams)</b>	<b>Fat (Grams)</b>	<b>Sodium (mg)</b>
	2% Milk	120	8	11	5	120
	Fat Free (Skim) Milk	80	8	11	0	120
	Low-fat Chocolate Milk	150	8	23	3	240
	1% Buttermilk	120	9	14	25	440
	<b>Fruit Nutrition Information (No Choice)</b>	<b>Calories (KCAL)</b>	<b>Protein (Grams)</b>	<b>Carb (Grams)</b>	<b>Fat (Grams)</b>	<b>Sodium (mg)</b>
	Strawberry Applesauce	60	0	15	0	10
	Unsweetened Applesauce	86	0	22	0	3
	4 oz Juice: Orange Tangerine	50	0	12	0	25
	4 oz Juice: Fruit Punch	60	0	15	0	5