



### Pureed 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 and choice of milk (8 oz per meal)**

Item #	POULTRY OPTIONS	Calories*** (KCAL)	Protein*** (Grams)	Carb*** (Grams)	Fat*** (Grams)	Sodium*** (mg)
P-1	Baked Chicken w/ gravy, mashed potatoes, buttered peas w/breadcrumbs	442	36	40	15	495
P-2	BBQ Chicken, sweet potato mash, steamed broccoli w/breadcrumbs	404	31	56	8	412
P-3	Thick n Creamy Chicken noodle soup, mashed potatoes, steamed broccoli	510	26	74	12	458
P-5	Roast Turkey, sweet potato mash, steamed green beans w/ breadcrumbs	325	20	42	6	522
P-12	Turkey Meatloaf w/ gravy, mashed potatoes, glazed carrots	404	20	39	18	398
Item #	BEEF OPTIONS	Calories (KCAL)	Protein (Grams)	Carb (Grams)	Fat (Grams)	Sodium (mg)
P-21	Roast Beef w/gravy, mashed potatoes, steamed green beans w/breadcrumbs	434	23	32	23	347
P-38	Homemade Goulash, glazed carrots, buttered peas	454	26	51	17	301

<b>Item #</b>	<b>PORK OPTIONS</b>	<b>Calories (KCAL)</b>	<b>Protein (Grams)</b>	<b>Carb (Grams)</b>	<b>Fat (Grams)</b>	<b>Sodium (mg)</b>
P-44	Slow-Roasted Pork Loin w/ gravy, sweet potato mash, steamed broccoli w/ breadcrumbs	389	26	40	14	246
<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>
P-61	Cheesy Macaroni Noodles, steamed green beans, glazed carrots	560	21	55	29	515
<b>Item #</b>	<b>BREAKFAST OPTIONS</b>	<b>Calories (KCAL)</b>	<b>Protein (Grams)</b>	<b>Carb (Grams)</b>	<b>Fat (Grams)</b>	<b>Sodium (mg)</b>
P-72	Cheese Omelet & Maple Turkey Sausage, oatmeal, sweet potato hash	485	25	53	20	598
	<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	2.5	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