



## 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)	Carbs*** (Grams)	Fat*** (Grams)	Sodium*** (mg)	Potassium*** (mg)
02	BBQ Boneless Chicken Thigh, Brown Rice, Sautéed Spinach, Mixed Vegetables	553	39	60	18	528	697
05	Roast Turkey Breast with Gravy, Mashed Potatoes, Brussel Sprouts, Stuffing	366	26	31	17	369	939
06	Chicken Tenders, Red Potatoes, Corn	416	24	44	16	470	1206
08	Lemon Herb Chicken, Sweet Potatoes, Broccoli, Dinner Roll	426	31	39	16	232	696
11	Fiesta Lime Chicken, Cilantro Brown Rice, Fiesta Corn, Carrots	383	29	51	8	510	733
12	Turkey Meatloaf with Gravy, Mashed Potatoes, Mixed Vegetables	420	26	39	16	393	748

14	Grilled Chicken Breast, Brown and Wild Rice, Roasted Red Potatoes, Italian Blend	382	28	44	10	403	740
<b>Item #</b>	<b>BEEF OPTIONS</b>	<b>Calories (KCAL)</b>	<b>Protein (Grams)</b>	<b>Carb (Grams)</b>	<b>Fat (Grams)</b>	<b>Sodium (mg)</b>	<b>Potassium (mg)</b>
21	Roast Beef with Gravy, Mashed Potatoes, Broccoli, Dinner Roll	355	26	39	11	376	833
23	Salisbury Steak with Gravy, Glazed Carrots, Baked Potato, Dinner Roll	432	19	51	18	354	918
26	Hamburger with Bun, Corn, Broccoli	373	23	39	16	357	610
28	Spaghetti with Meat Sauce, Peas, Cauliflower	370	22	51	10	172	745
31	Homemade Beef Burrito, Fiesta Corn, Broccoli	470	37	39	20	596	611
35	Swiss Steak with Gravy, Mashed Red Potatoes, Brussel Sprouts, Dinner Roll	404	32	39	14	381	933
37	Meatloaf with Gravy, Mashed Potatoes, Green Beans	429	22	31	23	302	628
38	Goulash, Peas, Corn	424	27	52	13	223	757

<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>	<b>Potassium (mg)</b>
42	Pork Cutlet with Mushroom Gravy, Baked Potato, Broccoli, Stuffing	307	26	34	8	469	974
44	Roast Pork with Gravy, Sweet Potatoes, Seasoned Green Beans, Dinner Roll	415	25	42	16	366	642
<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>	<b>Potassium (mg)</b>
50	Salmon Burger with Dill Sauce, Sweet Potatoes, Peas, Bun	553	29	54	27	576	795
53	Baked Tilapia, Brown and Wild Rice, Roasted Red Potatoes, Seasoned Green Beans	380	29	44	10	410	816
57	Crumb Baked Salmon, Brown and Wild Rice, Glazed Carrots, Peas	562	23	59	27	293	706
<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>	<b>Potassium (mg)</b>
71	Mini Pancakes (whole grain), Turkey Sausage, Red Potatoes, Syrup	465	24	59	14	636	435
72	Cheese Omelet, Turkey Sausage, Oatmeal, Red Potatoes	534	22	49	26	534	729

<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>	<b>Potassium (mg)</b>
61	Macaroni and Cheese, Black Beans and Corn, Cauliflower	537	27	66	20	587	763
62	Red Beans and Brown Rice, Brussel Sprouts, Broccoli	623	27	112	10	505	1746
64	Vegetarian Chili, Black Beans and Rice, Peas	529	23	91	10	447	892
	<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>	<b>Potassium (mg)</b>
	2% Milk	120	8	11	5	120	397
	Fat Free (Skim) Milk	80	8	11	0	120	410
	Low-fat Chocolate Milk	150	8	23	3	240	430
	1% Buttermilk	120	9	14	3	440	470
	<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>	<b>Potassium (mg)</b>
	Fruit Cup- Peaches	70	0	13	0	0	110
	Fruit Cup- Mixed Fruit	80	0	13	0	0	93
	Fruit Cup- Mandarin Oranges	80	0	13	0	0	160
	Fruit Cup- Pineapple	70	0	13	0	0	140
	Fresh Orange	60	0	15	0	10	280
	Fresh Apple	77	0	21	0	1	160

	Banana	76	1	23	0	1	422
	Strawberry Applesauce	60	0	15	0	10	70
	4 oz Juice: Orange Tangerine	50	0	12	0	25	22
	4 oz Juice: Fruit Punch	60	0	15	0	5	190
	4 oz Juice: Apple	60	0	14	0	5	200

### **INSTRUCTIONS FOR ORDERING YOUR MEALS:**

1. Look over this menu and choose the meals you would like for ONE week
2. Submit your order online at [mealsonwheelswesternmichigan.org](http://mealsonwheelswesternmichigan.org) or call (616) 459-3111 ext. 1 and leave a message with your choices
  - a. Order your meals by the number listed next to them
  - b. We will change your meals for you
  - c. You may order more than one of the same meal
3. To change your order, follow the steps listed in number 2

### **Please Note:**

- You can call weekly to change your order. If you do not call to make changes you will receive the same meals as you did the week before
- Please allow two business days for your order to take effect

*You are welcome to call us with any questions at (616) 459-3111, ext. 0, Monday – Friday, 8:00 am – 3:30 pm. For nutrition related questions, please contact our Registered Dietician at extension 138.*

Thank you,  
*Meals on Wheels Western Michigan*