



## MEAL CHOICE MECH MENU

Call (616) 459-3111, ext. 0 with changes to your order  
8:00 AM - 3:30 PM, Monday - Friday

ENTRÉE	
<u>POULTRY OPTIONS</u>	
M-1	Baked Chicken w/gravy, stuffing, mashed potatoes, broccoli, & fruit side
M-2	Chicken and Noodles, winter squash, green beans, & fruit side
M-5	Roast Turkey w/gravy, stuffing, sweet potatoes, green beans, & fruit side
M-12	Turkey Meatloaf w/gravy, stuffing, mashed potatoes, carrots, & fruit side
<u>BEEF OPTIONS</u>	
M-21	Roast Beef w/gravy, whole grain noodles, mashed potatoes, carrots, & fruit side
M-22	Swedish Meatballs w/whole grain noodles, winter squash, cauliflower, & fruit side
M-23	Salisbury Steak w/gravy, mashed potatoes, broccoli, whole noodles, & fruit side
M-24	Meatloaf w/gravy, stuffing, mashed potatoes, green beans, & fruit side
M-26	Goulash, carrots, broccoli, & fruit side
M-28	Spaghetti and Meatballs w/sauce, peas, cauliflower, & fruit side
<u>PORK/HAM OPTIONS</u>	
M-42	Pork Cutlet w/gravy, cornbread stuffing, sweet potatoes, green beans, & fruit side
<u>FISH OPTIONS</u>	
M-51	Breaded Fish, brown rice pilaf, peas, carrots, & fruit side
M-53	Baked Fish, brown rice pilaf, winter squash, green beans, & fruit side
M-56	Tuna Noodle Casserole, squash, broccoli, & fruit side
<u>VEGETARIAN OPTION</u>	
M-61	Macaroni and Cheese, stewed tomatoes, peas, & fruit side
M-65	Vegetable Lasagna, sweet potatoes, peas, & fruit side

*SUGGESTED DONATION IS \$2.50 PER MEAL. WE APPRECIATE YOUR DONATIONS!*

MEALS ON WHEELS WESTERN MICHIGAN  
2900 WILSON AVE., SW #500, GRANDVILLE, MI 49418