



Pureed Meal Choice Menu

To place an order please visit 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. 5/21

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)	Potassium* (mg)	Fiber* (grams)
P-1	Baked Chicken w/ gravy, mashed potatoes, buttered peas w/breadcrumbs	443	36	40	15	495	726	6
P-2	BBQ Chicken, sweet potato mash, steamed broccoli w/breadcrumbs	466	31	71	8	572	814	7
P-3	Thick n Creamy Chicken noodle soup, mashed potatoes, steamed broccoli	505	26	75	13	461	935	8
P-5	Roast Turkey, sweet potato mash, steamed green beans w/ breadcrumbs	328	22	42	6	291	592	5

P-12	Turkey Meatloaf w/ gravy, mashed potatoes, glazed carrots	407	19	38	18	361	774	5
Item #	BEEF OPTIONS	Calories (KCAL)	Protein (grams)	Carb (grams)	Fat (grams)	Sodium (mg)	Potassium (mg)	Fiber (grams)
P-21	Roast Beef w/gravy, mashed potatoes, steamed green beans w/breadcrumbs	366	24	31	15	302	724	4
Item #	PORK OPTIONS	Calories (KCAL)	Protein (grams)	Carb (grams)	Fat (grams)	Sodium (mg)	Potassium (mg)	Fiber (grams)
P-44	Slow-Roasted Pork Loin w/ gravy, sweet potato mash, steamed broccoli w/ breadcrumbs	391	27	40	14	245	908	7
Item #	VEGETARIAN OPTIONS	Calories (KCAL)	Protein (grams)	Carb (grams)	Fat (grams)	Sodium (mg)	Potassium (mg)	Fiber (grams)
P-61	Cheesy Macaroni Noodles, steamed green beans, glazed carrots	555	21	55	29	509	507	5
Item #	BREAKFAST OPTIONS	Calories (KCAL)	Protein (grams)	Carb (grams)	Fat (grams)	Sodium (mg)	Potassium (mg)	Fiber (grams)
P-72	Cheese Omelet & Maple Turkey Sausage, applesauce, sweet potato hash	482	21	59	18	614	516	4

	Milk per 8 ounce serving (1/2 Pint)	Calories (KCAL)	Protein (grams)	Carb (grams)	Fat (grams)	Sodium (mg)	Potassium (mg)	Fiber (grams)
	2% Milk	120	8	11	5	120	397	0
	Fat Free (Skim) Milk	80	8	11	0	120	410	0
	Low-fat Chocolate Milk	150	8	23	3	240	430	1
	1% Buttermilk	120	9	14	25	440	470	0

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 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 Dietitian at extension 138.

Thank you,
Meals on Wheels Western Michigan