



Minced & Moist 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 (variety) 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)
M-1	Baked Chicken with Gravy, Stuffing, Mashed Potatoes, Broccoli	339	25	37	12	451	635	4
M-5	Roast Turkey with Gravy, Stuffing, Sweet Potatoes, Green Beans	311	23	46	5	327	644	5
M-12	Turkey Meatloaf with Gravy, Stuffing, Mashed Potatoes, Carrots	458	27	45	20	450	787	5
Item #	BEEF OPTIONS	Calories (KCAL)	Protein (Grams)	Carb (Grams)	Fat (Grams)	Sodium (mg)	Potassium (mg)	Fiber (grams)
M-21	Roast Beef with Gravy, Noodles, Mashed Potatoes, Carrots	457	30	59	11	256	823	6

	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