



09	Southwest Chicken and Rice Casserole, Fiesta Corn, Broccoli	580	38	57	23	413	727	5
12	Turkey Meatloaf with Gravy, Mashed Potatoes, Mixed Vegetables	396	25	35	16	332	763	4
14	Grilled Chicken Breast, Brown and Wild Rice, Roasted Red Potatoes, Italian Blend	369	28	43	9	398	769	4
20	Sweet and Sour Chicken, Brown Rice, Oriental Blend, Broccoli	335	28	48	4	367	448	4
<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>	<b>Fiber (mg)</b>
23	Salisbury Steak with Gravy, Peas, Baked Potato, Dinner Roll	444	22	48	18	446	840	6
26	Hamburger with Bun, Corn, Broccoli	376	23	39	16	373	642	6
28	Spaghetti with Meat Sauce, Peas, Cauliflower	377	23	51	11	161	681	8
31	Homemade Beef Burrito, Fiesta Corn, Broccoli	491	39	41	22	574	592	5

35	Swiss Steak with Gravy, Mashed Red Potatoes, Brussel Sprouts, Dinner Roll	395	32	38	14	438	842	4
36	Cabbage Roll Casserole, Carrots, Peas	516	22	55	24	261	1181	12
37	Meatloaf with Gravy, Mashed Potatoes, Seasoned Green Beans	453	21	30	26	288	749	5
<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>	<b>Fiber (mg)</b>
42	Pork Cutlet with Mushroom Gravy, Baked Potato, Broccoli, Stuffing	310	26	34	8	477	1200	5
44	Roast Pork with Gravy, Sweet Potatoes, Seasoned Green Beans, Dinner Roll	413	25	39	16	455	691	6
<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>	<b>Fiber (mg)</b>
51	Ginger Soy Flounder, Brown Rice Pilaf, Oriental Blend, Buttered Peas	452	22	38	24	410	362	5





## **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 Dietitian at extension 138.*

Thank you,

*Meals on Wheels Western Michigan*