

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
Item #	BEEF OPTIONS	Calories (KCAL)	Protein (Grams)	Carb (Grams)	Fat (Grams)	Sodium (mg)	Potassium (mg)	Fiber (mg)
22	Beef Tips with Gravy, Egg Noodles, Glazed Carrots, Broccoli	375	30	36	13	257	719	5
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

Item #	FISH OPTIONS	Calories (KCAL)	Protein (Grams)	Carb (Grams)	Fat (Grams)	Sodium (mg)	Potassium (mg)	Fiber (mg)
51	Ginger Soy Flounder, Brown Rice Pilaf, Oriental Blend, Buttered Peas	452	22	38	24	410	362	5
53	Baked Tilapia, Brown and Wild Rice, Roasted Red Potatoes, Seasoned Green Beans	382	29	43	10	410	885	5
57	Crumb Baked Salmon, Brown and Wild Rice, Glazed Carrots, Peas	565	23	59	27	293	707	7
Item #	BREAKFAST OPTIONS	Calories (KCAL)	Protein (Grams)	Carb (Grams)	Fat (Grams)	Sodium (mg)	Potassium (mg)	Fiber (mg)
71	Pancakes, Turkey Sausage, Red Potatoes, Sweet Cherries	442	24	68	10	581	1425	7
72	Cheese Omelet, Turkey Sausage, Red Potatoes, Spiced Diced Peaches, Graham Crackers	517	20	52	26	569	650	4

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