MEALS on WHEELS
WESTERN MICHIGAN
TOGETHER, WE CAN DELIVER.

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 may change and are updated regularly. 2/22

All meals come with a fruit serving (variety) and choice of milk (8 oz. per meal)

Item #	POULTRY OPTIONS	Calories* (KCAL)	Protein* (grams)	Carbs* (grams)	Fat* (grams)	Sodium* (mg)	Potassium* (mg)	Fiber* (grams)
02	BBQ Boneless Chicken Thigh, Brown Rice, Sautéed Spinach, Mixed Vegetables	476	27	56	16	572	755	4
04	Oven Roasted Chicken Thigh, Sautéed Spinach, Sweet Potatoes, Dinner Roll	402	27	42	14	541	960	4
05	Roast Turkey Breast with Gravy, Mashed Potatoes, Brussel Sprouts, Stuffing	364	26	31	15	317	761	4
06	Chicken Tenders, Red Potatoes, Corn	408	24	43	16	415	1312	6

09	Southwest Chicken and Rice Casserole, Fiesta Corn, Broccoli	553	33	57	22	424	727	5
12	Turkey Meatloaf with Gravy, Mashed Potatoes, Mixed Vegetables	385	25	35	15	380	731	5
14	Grilled Chicken Breast, Brown and Wild Rice, Roasted Red Potatoes, Italian Blend	378	28	46	9	343	870	5
20	Sweet and Sour Chicken, Brown Rice, Oriental Blend, Broccoli	335	28	48	4	367	417	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

28	Spaghetti with Meat Sauce, Peas, Cauliflower	367	23	52	10	204	768	7
31	Homemade Beef Burrito, Fiesta Corn, Broccoli	442	31	42	20	554	537	6
35	Swiss Steak with Gravy, Mashed Red Potatoes, Brussel Sprouts, Dinner Roll	395	32	38	14	436	842	4
36	Cabbage Roll Casserole, Carrots, Peas	501	22	57	22	336	1346	11
37	Meatloaf with Gravy, Mashed Potatoes, Seasoned Green Beans	451	21	30	26	286	723	5
Item #	**PORK OPTIONS**	**Calories (KCAL)**	**Protein (Grams)**	**Carb (Grams)**	**Fat (Grams)**	**Sodium (mg)**	**Potassium (mg)**	**Fiber (mg)**
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

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	391	29	47	10	355	986	6
57	Crumb Baked Salmon, Brown and Wild Rice, Glazed Carrots, Peas	562	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, Diced Peaches, Graham Crackers	455	22	42	23	585	878	4

75	Spinach Egg Bake, Roasted Pepper Strips, Spiced Applesauce	599	24	48	35	406	476	7
Item #	**VEGETARIAN OPTIONS**	**Calories (KCAL)**	**Protein (Grams)**	**Carb (Grams)**	**Fat (Grams)**	**Sodium (mg)**	**Potassium (mg)**	**Fiber (mg)**
61	Macaroni and Cheese, Black Beans and Corn, Cauliflower	549	28	68	19	623	840	8
64	Vegetarian Chili, Black Beans and Rice, Peas	526	23	92	9	355	985	21
66	Veggie Burger with Bun, Red Potatoes, Seasoned Green Beans	488	24	49	23	407	1228	12
	Milk per 8 ounce serving (1/2 Pint)	**Calories (KCAL)**	**Protein (Grams)**	**Carb (Grams)**	**Fat (Grams)**	**Sodium (mg)**	**Potassium (mg)**	**Fiber (mg)**
	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	3	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