

M-23	Salisbury Steak with Gravy, Mashed Potatoes, Noodles, Peas	590	29	66	23	398	732	6
M-24	Meatloaf with Gravy, Stuffing, Mashed Potatoes, Green Beans	506	24	41	29	355	716	4
M-28	Spaghetti with Meat Sauce, Carrots, Broccoli	297	20	48	6	169	832	7
Item #	PORK OPTIONS	Calories (KCAL)	Protein (Grams)	Carb (Grams)	Fat (Grams)	Sodium (mg)	Potassium (mg)	Fiber (grams)
M-42	Pork Cutlet with Gravy, Stuffing, Mashed Potatoes, Peas	362	28	39	12	380	728	5
Item #	FISH OPTIONS	Calories (KCAL)	Protein (Grams)	Carb (Grams)	Fat (Grams)	Sodium (mg)	Potassium (mg)	Fiber (grams)
M-53	Baked Tilapia w Lemon Sauce, Brown Rice, Sweet Potatoes, Peas	467	29	58	14	462	807	7
Item #	VEGETARIAN OPTIONS	Calories (KCAL)	Protein (Grams)	Carb (Grams)	Fat (Grams)	Sodium (mg)	Potassium (mg)	Fiber (grams)
M-61	Macaroni and Cheese, Hot Black Bean Salad, Broccoli	538	30	65	19	637	1000	10
M-64	Vegetarian Chili, Broccoli, Peas	343	21	62	5	500	1177	22

	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