

SPRING/SUMMER CHOICE MENU

♥ ALL MEALS ARE LOW IN SODIUM AND HEART HEALTHY ♥

Calories*	Protein*	Carbs*	Potassium*	Fiber*	#	MEAL CHOICES
HOMESTYLE FAVORITES						
476	27	56	755	4	02	BBQ Boneless Chicken Thigh, Brown Rice, Sautéed Spinach, Mixed Vegetables
402	27	42	960	4	04	Oven Roasted Chicken Thigh, Sautéed Spinach, Sweet Potatoes, Dinner Roll
370	26	32	761	4	05	Roast Turkey Breast with Gravy, Mashed Potatoes, Sautéed Brussel Sprouts, Stuffing
391	25	36	763	5	12	Turkey Meatloaf with Gravy, Mashed Potatoes, Mixed Vegetables
450	22	49	840	6	23	Salisbury Steak with Gravy, Buttered Peas, Baked Potato, Dinner Roll
401	32	39	842	4	35	Swiss Steak with Gravy, Mashed Red Potatoes, Sautéed Brussel Sprouts, Dinner Roll



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457	22	32	749	5	37	Meatloaf with Gravy, Mashed Potatoes, French Style Green Beans
310	26	34	1200	5	42	Pork Cutlet with Mushroom Gravy, Baked Potato, Broccoli, Stuffing
401	25	38	691	4	44	Roast Pork with Gravy, Sweet Potatoes, French Style Green Beans, Dinner Roll
371	29	46	885	4	53	Baked Tilapia, Brown and Wild Rice, Sweet Potatoes, French Style Green Beans
549	28	68	779	8	61	Macaroni and Cheese, Seasoned Black Beans and Corn, Cauliflower
CLASSIC SELECTIONS						
427	25	48	1428	5	06	Chicken Tenders, Roasted Red Potatoes, Sweet Corn
397	28	48	854	5	14	Grilled Chicken Breast, Brown and Wild Rice, Roasted Red Potatoes, Italian Vegetable Blend
376	23	39	642	6	26	Hamburger with Bun, Sweet Corn, Broccoli**
483	24	51	1203	11	66	Veggie Burger with Bun, Roasted Red Potatoes, French Style Green Beans**



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AROUND THE WORLD						
435	35	53	634	6	7	Ginger Chicken Fried Rice, Buttered Peas, Diced Carrots
460	23	69	907	8	8	Fiesta Turkey Rice Casserole, Sweet Corn, Broccoli
395	27	54	448	5	20	Sweet and Sour Chicken, Brown Rice, Oriental Vegetable Blend, Glazed Carrots
600	27	51	658	8	24	Swedish Meatballs, Egg Noodles, Glazed Carrots, Broccoli
437	22	52	681	7	28	Spaghetti with Meat Sauce, Buttered Peas, Cauliflower
454	32	44	746	6	31	Homemade Beef Burrito, Sweet Corn, Broccoli
452	22	38	587	5	51	Ginger Soy Flounder, Brown Rice Pilaf, Oriental Vegetable Blend, Buttered Peas
398	23	52	728	8	60	Cheese Ravioli, Marinara Sauce, Buttered Peas, Capri Vegetable Blend



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BREAKFAST						
471	20	65	770	6	70	French Toast Sticks, Turkey Sausage, Roasted Red Potatoes, Sautéed Collard Greens, Syrup
583	27	54	805	5	72	Cheese Omelet, Turkey Sausage, Roasted Potatoes O'Brien, Steel Cut Oatmeal
507	32	42	764	4	76	Sausage, Egg & Potato Casserole, Buttered Zucchini, Steel Cut Oatmeal

Calories	Protein	Carbs	Potassium	Fiber	MILK PER 8 OUNCE SERVING (1/2 PINT)
120	8	11	397	0	2% Milk
80	8	11	410	0	Fat Free (Skim) Milk
150	8	23	430	1	Low-fat Chocolate Milk



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ORDERING YOUR MEALS IS QUICK AND EASY!

1. Choose the meals you would like off this menu for one week of deliveries.

- Pick your meals by the number listed next to them.
- If you have favorites, feel free to order more than one!

2. Place your order one of two ways:

- Visit our website at <https://mealsonwheelswesternmichigan.org/meal-order-form/>
OR
- Call (616) 459-3111 ext.1 and leave us a message with your choices

3. To change your order, simply repeat these steps.

Prefer not to change your order every week? No problem! We will continue to send you your current order until we hear you'd like to make a change!

Did you know we have a Registered Dietitian here at Meals on Wheels? She is here to help with any nutrition related questions you may have and can help pick out the best meals for you based on your dietary needs! We encourage you to reach out to her at (616) 459-3111 ext.138.

In addition, please reach out to us with any questions you may have about our meal plans at (616) 459-3111, ext. 0 or email us at info@mowwm.org. We are here to help Monday through Friday, 8:00 am – 3:30 pm.

Thank you,
Meals on Wheels Western Michigan

*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.

** Hamburger and Veggie Burger are not offered as cut meals.