

SPRING/SUMMER CHOICE MENU

♥ ALL MEALS ARE LOW IN SODIUM AND HEART HEALTHY ♥

Calories*	Protein*	Carbs*	Sodium*	Potassium*	Fiber*	#	MEAL CHOICES
HOMESTYLE FAVORITES							
476	27	56	572	755	4	02	BBQ Boneless Chicken Thigh, Brown Rice, Sautéed Spinach, Mixed Vegetables
414	32	46	561	954	10	04	Oven Roasted Chicken Thigh, Broccoli, Seasoned Butter Beans, Dinner Roll
370	26	32	348	761	4	05	Roast Turkey Breast with Gravy, Mashed Potatoes, Seasoned Brussel Sprouts, Stuffing
393	25	36	538	772	4	12	Turkey Meatloaf with Gravy, Mashed Potatoes, Beets
468	21	46	612	840	8	23	Salisbury Steak with Gravy, Buttered Peas, Baked Potato, Dinner Roll
401	32	39	471	842	4	35	Swiss Steak with Gravy, Mashed Red Potatoes, Seasoned Brussel Sprouts, Dinner Roll
442	22	30	523	741	5	37	Meatloaf with Gravy, Mashed Potatoes, Greens Beans



ALL MEALS ARE LOW IN SODIUM AND HEART HEALTHY



Calories*	Protein*	Carbs*	Sodium*	Potassium*	Fiber*	#	MEAL CHOICES
310	26	34	477	1200	5	42	Pork Cutlet with Mushroom Gravy, Baked Potato, Broccoli, Stuffing
383	26	35	579	591	5	44	Roast Pork with Brown Gravy, Sweet Potatoes, Green Beans, Dinner Roll
369	29	44	426	804	5	53	Baked Tilapia, Brown and Wild Rice, Sweet Potatoes, Green Beans
549	28	68	623	779	8	61	Macaroni and Cheese, Seasoned Black Beans and Corn, Cauliflower
CLASSIC SELECTIONS							
427	25	48	415	1428	5	06	Chicken Tenders, Roasted Red Potatoes, Sweet Corn
358	20	50	569	1182	5	14	Grilled Chicken Breast, Brown and Wild Rice, Baked Potato, Italian Vegetable Blend
376	23	39	373	642	6	26	Hamburger with Bun, Sweet Corn, Broccoli
515	28	62	395	815	11	66	Veggie Burger with Bun, Sweet Corn, Broccoli



ALL MEALS ARE LOW IN SODIUM AND HEART HEALTHY



Calories*	Protein*	Carbs*	Sodium*	Potassium*	Fiber*	#	MEAL CHOICES
AROUND THE WORLD							
388	27	53	269	579	6	07	Ginger Chicken Fried Rice, Buttered Peas, Diced Carrots
460	23	69	448	907	8	08	Fiesta Turkey Rice Casserole, Sweet Corn, Broccoli
360	24	51	351	549	6	20	Sweet and Sour Chicken, Brown Rice, Glazed Carrots, Broccoli
600	27	51	530	658	8	24	Swedish Meatballs, Egg Noodles, Glazed Carrots, Broccoli
437	22	52	535	681	7	28	Spaghetti with Meat Sauce, Buttered Peas, Cauliflower
454	32	44	606	746	6	31	Homemade Beef Burrito, Sweet Corn, Broccoli
490	27	40	441	704	6	52	Ginger Soy Tilapia, Brown Rice Pilaf, Diced Carrots, Buttered Peas
398	23	52	625	728	8	60	Cheese Ravioli, Marinara Sauce, Buttered Peas, Capri Vegetable Blend



ALL MEALS ARE LOW IN SODIUM AND HEART HEALTHY



Calories*	Protein*	Carbs*	Sodium*	Potassium*	Fiber*	#	MEAL CHOICES
BREAKFAST							
485	23	68	570	996	6	70	French Toast Sticks, Turkey Sausage, Roasted Red Potatoes, Cinnamon Applesauce, Syrup
583	27	54	568	805	5	72	Cheese Omelet, Turkey Sausage, Roasted Potatoes O'Brien, Steel Cut Oatmeal
486	28	56	501	705	4	76	Sausage, Potato, & Egg Casserole, Diced Peaches, Steel Cut Oatmeal

Calories*	Protein*	Carbs*	Sodium*	Potassium*	Fiber*	MILK PER 8 OUNCE SERVING (1/2 PINT)
120	8	11	120	397	0	2% Milk
80	8	11	120	410	0	Fat Free (Skim) Milk
150	8	23	240	430	1	Low-fat Chocolate Milk



ALL MEALS ARE LOW IN SODIUM AND HEART HEALTHY



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.