



# FALL/WINTER CHOICE MENU

ALL MEALS ARE LOW IN SODIUM AND HEART HEALTHY

Calories*	Protein*	Carbs*	Sodium*	Potassium*	Fiber*	#	MEAL CHOICES
<b>HOMESTYLE FAVORITES</b>							
430	25	60	546	954	6	02	BBQ Boneless Chicken Thigh, Baked Potato, Mixed Vegetables, Dinner Roll
483	26	62	659	777	7	04	Oven Roasted Chicken Thigh, Seasoned Collard Greens, Sweet Potatoes, Graham Cracker Snack
483	23	45	387	628	5	10	Turkey and Mashed Potato Bowl, Stuffing, Seasoned Brussel Sprouts
393	25	36	538	772	4	12	Turkey Meatloaf with Gravy, Mashed Potatoes, Diced Beets
517	36	59	505	776	5	19	Loaded Mac & Cheese (with Chicken & Broccoli), Cauliflower, Capri Vegetable Blend
335	30	36	203	846	4	22	Beef Tips with Gravy, Egg Noodles, Seasoned Squash, Broccoli



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405	20	37	507	653	4	23	Salisbury Steak with Gravy, Baked Potato, Sautéed Spinach, Dinner Roll
418	24	60	660	870	11	34	Beef and Bean Chili, Baked Potato, Broccoli, Oyster Crackers
384	32	52	606	1014	6	35	Swiss Steak with Gravy, Sweet Potatoes, Broccoli, Dinner Roll
442	22	30	523	741	5	37	Meatloaf with Gravy, Mashed Potatoes, Greens Beans
373	25	34	629	601	5	44	Roast Pork with Gravy, Sweet Potatoes, Green Beans, Dinner Roll
393	29	57	605	856	6	53	Baked Tilapia, Brown Rice, Sweet Potatoes, Green Beans

### CLASSIC SELECTIONS

417	25	48	415	1219	5	06	Chicken Tenders, Roasted Red Potatoes, Sweet Corn
340	20	49	568	1182	5	14	Grilled Chicken Breast, Brown Rice, Baked Potato, Italian Vegetable Blend



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433	22	52	522	647	7	17	**Turkey Burger with Bun, Sweet Corn, Buttered Peas
416	23	39	365	642	6	26	**Hamburger with Bun, Sweet Corn, Broccoli
407	21	43	378	846	7	56	Breaded Pollock, Roasted Red Potatoes, Buttered Peas
538	29	65	597	1000	10	61	Classic Macaroni & Cheese, Hot Black Bean Salad, Broccoli
470	25	48	401	1258	11	66	**Veggie Burger with Bun, Roasted Red Potatoes, Broccoli
<b>AROUND THE WORLD</b>							
312	23	48	335	500	5	20	Sweet & Sour Chicken, Pineapple Brown Rice, Diced Carrots, Broccoli
473	24	58	281	970	7	28	Spaghetti with Meat Sauce, Buttered Peas, Cauliflower
470	21	62	632	689	8	31	Beef & Bean Burrito, Sweet Corn, Broccoli
429	26	36	300	874	7	38	Goulash, Broccoli, Diced Carrots



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337	21	46	270	863	6	54	Panko Crusted Tilapia, Baked Potato, Buttered Peas
399	22	57	616	961	9	60	Cheese Ravioli, Marinara Sauce, Buttered Peas, Capri Vegetable Blend
643	26	71	237	830	11	62	Creamy Pesto Pasta Primavera, Diced Carrots, Seasoned Edamame
<b>BREAKFAST</b>							
451	25	60	554	1104	6	70	French Toast Sticks, Turkey Sausage, Roasted O'Brien Potatoes, Cinnamon Applesauce
365	21	49	523	1212	5	71	Pancakes, Turkey Sausage, Roasted Red Potatoes, Sweet Cherries
457	22	50	450	820	5	72	Cheese Omelet, Roasted Red Potatoes, Steel Cut Oatmeal
537	28	61	474	1065	6	78	Breakfast Bowl, Steel Cut Oatmeal, Diced Peaches



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Calories*	Protein*	Carbs*	Sodium*	Potassium*	Fiber*	<b>MILK</b> 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



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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](mailto: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, Turkey Burger, and Veggie Burger are not offered as cut meals.