

# PUREED MEAL CHOICE MENU

♥ ALL MEALS ARE LOW IN SODIUM AND HEART HEALTHY ♥

Calories*	Protein*	Carbs*	Sodium*	Potassium*	Fiber*	#	MEAL CHOICES
<b>HOMESTYLE FAVORITES</b>							
457	24	39	496	732	6	P-1	Baked Chicken w/ Gravy, Mashed Potatoes, Buttered Peas w/ Breadcrumbs
488	21	63	624	790	7	P-2	BBQ Chicken, Sweet Potato Mash, Steamed Broccoli w/ Breadcrumbs
505	26	73	262	935	8	P-3	Thick n Creamy Chicken Noodle Soup, Mashed potatoes, Steamed Broccoli
399	19	37	396	750	5	P-12	Turkey Meatloaf w/ Gravy, Mashed Potatoes, Glazed Carrots
366	24	30	586	724	4	P-21	Roast Beef w/ Gravy, Mashed Potatoes, Steamed Green Beans w/ Breadcrumbs
543	20	53	510	508	5	P-61	Cheesy Macaroni Noodles, Steamed Green Beans, Glazed Carrots



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<b>BREAKFAST</b>							
400	22	39	642	538	5	P-60	Cheese Omelet, Maple Turkey Sausage, Applesauce, Sweet Potato Hash

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



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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.

- Order 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.



MEALS ON WHEELS WESTERN MICHIGAN