

MINCED & MOIST CHOICE MENU

♥ ALL MEALS ARE LOW IN SODIUM AND HEART HEALTHY ♥

Calories*	Protein*	Carbs*	Sodium*	Potassium*	Fiber*	#	MEAL CHOICES
HOMESTYLE FAVORITES							
338	25	37	451	635	4	M-1	Baked Chicken with Gravy, Stuffing, Mashed Potatoes, Broccoli
310	23	46	327	644	5	M-5	Roast Turkey with Gravy, Stuffing, Sweet Potatoes, Green Beans
446	27	45	498	755	5	M-12	Turkey Meatloaf with Gravy, Stuffing, Mashed Potatoes, Carrots
546	24	61	471	732	8	M-23	Salisbury Steak with Gravy, Mashed Potatoes, Noodles, Peas
427	25	48	415	1428	4	M-28	Spaghetti with Meat Sauce, Carrots, Broccoli
500	23	40	360	691	5	M-37	Meatloaf with Gravy, Stuffing, Mashed Potatoes, Green Beans



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Calories*	Protein*	Carbs*	Sodium*	Potassium*	Fiber*	#	MEAL CHOICES
467	29	58	462	807	7	M-53	Baked Tilapia w Lemon Sauce, Brown Rice, Sweet Potatoes, Peas
538	30	65	607	1000	10	M-61	Macaroni and Cheese, Hot Black Bean Salad, Cauliflower

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.

- 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.