



SPRING/SUMMER CHOICE MENU

Calories*	Protein*	Carbs*	Sodium*	Potassium*	Fiber*	#	MEAL CHOICES
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HOMESTYLE FAVORITES

457	25	55	609	1261	4	02	BBQ Boneless Chicken Thigh, Baked Potato, Sautéed Spinach, Dinner Roll
441	26	46	479	777	5	04	Oven Roasted Chicken Thigh, Seasoned Collard Greens, Sweet Potatoes, Graham Cracker Snack
389	23	39	494	738	4	12	Turkey Meatloaf with Gravy, Mashed Potatoes, Diced Beets
517	36	59	488	776	5	19	Loaded Mac & Cheese (with Chicken & Broccoli), Cauliflower, Capri Vegetable Blend
445	29	48	249	835	3	22	Beef Tips with Gravy, Egg Noodles, Seasoned Squash, Seasoned Brussel Sprouts
458	20	46	566	653	8	23	Salisbury Steak with Gravy, Baked Potato, Buttered Peas, Dinner Roll

Calories*	Protein*	Carbs*	Sodium*	Potassium*	Fiber*	#	MEAL CHOICES
350	31	37	427	814	5	35	Swiss Steak with Gravy, Mashed Potatoes, Broccoli, Dinner Roll
392	21	31	412	711	5	37	Meatloaf with Gravy, Mashed Potatoes, Green Beans
373	25	35	549	701	5	44	Roast Pork with Gravy, Sweet Potatoes, Green Beans, Dinner Roll
354	30	44	214	884	6	53	Baked Tilapia, Brown Rice, Sweet Potatoes, Asparagus

CLASSIC SELECTIONS

388	25	38	513	1221	7	06	Chicken Tenders, Mashed Potatoes, Mixed Vegetables
362	29	48	457	853	4	14	Grilled Chicken Breast, Brown Rice, Seasoned Squash, Asparagus
547	26	62	418	621	10	17	**Turkey Burger with Bun, Roasted Red Potatoes, Buttered Peas
466	26	51	338	642	6	26	**Hamburger with Bun, Sweet Corn, Broccoli

Calories*	Protein*	Carbs*	Sodium*	Potassium*	Fiber*	#	MEAL CHOICES
513	32	48	613	736	9	50	**Salmon Burger w/ Dill Sauce, Bun, Cauliflower, Buttered Peas
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
400	22	47	371	1078	10	66	**Veggie Burger with Bun, Roasted Red Potatoes, Broccoli
388	21	35	373	871	9	68	Cheese Pizza, Seasoned Edamame, Diced Carrots
AROUND THE WORLD							
411	21	65	398	700	16	11	Hoppin' John (Southern Black-eyed Pea Casserole with Turkey) Diced Carrots, Broccoli
350	28	52	405	531	5	20	Sweet & Sour Chicken, Pineapple Brown Rice, Diced Carrots, Broccoli
519	26	42	440	658	5	24	Swedish Meatballs, Egg Noodles, Broccoli, Capri Vegetable Blend
473	24	58	281	970	8	28	Spaghetti with Meat Sauce, Buttered Peas, Cauliflower

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466	20	63	692	606	8	31	Beef & Bean Burrito, Sweet Corn, Broccoli
356	22	36	304	874	7	38	Goulash, Broccoli, Diced Carrots
407	22	59	637	1062	9	60	Cheese Ravioli, Marinara Sauce, Buttered Peas, Capri Vegetable Blend
643	25	70	237	830	11	62	Creamy Pesto Pasta Primavera, Diced Carrots, Seasoned Edamame
BREAKFAST							
431	25	60	567	1103	6	70	French Toast Sticks, Turkey Sausage, Roasted O'Brien Potatoes, Cinnamon Applesauce
415	21	62	538	1319	4	71	Pancake, Turkey Sausage, Roasted Red Potatoes, Cherries
456	22	50	448	819	5	72	Cheese Omelet, Roasted Red Potatoes, Steel Cut Oatmeal
627	36	62	644	1146	6	78	Breakfast Bowl, Steel Cut Oatmeal, Diced Peaches

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

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, Turkey Burger, Salmon Burger, and Veggie Burger are not offered as cut meals.