



MEALS on WHEELS WESTERN MICHIGAN

FALL/WINTER CHOICE MENU

2023-2024

Calories*	Protein*	Carbs*	Sodium*	Potassium*	Fiber*	#	MEAL CHOICES
HOMESTYLE FAVORITES							
442	25	51	574	1070	5	02	Seasoned Chicken Thigh with Homemade BBQ Sauce, Sweet Potato, Seasoned Spinach, Dinner Roll
499	23	51	341	982	6	10	Roast Turkey and Mashed Potato Bowl, Stuffing, Brussel Sprouts
411	24	45	439	936	5	12	Turkey Meatloaf with Gravy, Mashed Potatoes, Diced Beets
408	25	43	526	536	3	14	Herb Roasted Chicken w/ Lemon Butter Sauce, Buttered Dumplings, Roasted Vegetables
458	20	46	566	1235	8	23	Salisbury Steak with Gravy, Baked Potato, Buttered Peas, Dinner Roll
364	25	42	566	782	7	25	Beef Barley Stew, Broccoli, Dinner Roll
539	29	59	584	1463	9	34	Beef and Bean Chili, Baked Potato, Oyster Crackers
374	30	42	377	707	4	35	Swiss Steak with Gravy, Mashed Potatoes, Capri Vegetable Blend, Dinner Roll

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404	21	35	413	705	5	37	Meatloaf with Gravy, Mashed Potatoes, Green Beans
488	32	43	619	673	7	40	Pulled Pork, Macaroni & Cheese, Seasoned Collard Greens
339	25	45	439	728	6	51	Seasoned Salmon Filet, Wild Rice and Squash Pilaf, Asparagus, Dinner Roll
437	24	63	553	893	13	61	Macaroni and Cheese, Hot Black Bean Salad, Broccoli
452	23	66	345	1107	17	64	Vegetarian Chili, Baked Potato, Seasoned Edamame, Dinner Roll
CLASSIC SELECTIONS							
410	25	44	458	1419	7	06	Chicken Tenders, Mashed Potatoes, Mixed Vegetables
465	23	52	393	606	8	17	**Turkey Burger with Bun, Roasted Red Potatoes, Buttered Peas
386	23	41	313	580	5	26	**Hamburger with Bun, Sweet Corn, Broccoli
429	23	50	450	1041	10	66	**Veggie Burger with Bun, Roasted Red Potatoes, Broccoli



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AROUND THE WORLD							
360	20	38	516	579	11	11	Hoppin John (Southern Black-Eyed Pea Casserole), Diced Carrots, Buttered Peas
406	24	52	559	844	7	18	Chicken Enchilada Casserole, Brown Rice, Seasoned Cauliflower
400	26	63	271	965	4	20	Sweet and Sour Chicken with Vegetables, Brown Rice, Broccoli
450	23	54	392	619	6	21	Beef Stroganoff with Egg Noodles, Buttered Peas, Diced Carrots
452	22	59	284	976	10	28	Pasta with Meat Sauce, Buttered Peas, Italian Vegetable Blend
356	22	36	280	874	7	38	Goulash, Broccoli, Diced Carrots
503	33	41	372	606	6	52	Ginger Soy Cod Filet, Brown Rice, Diced Carrots, Buttered Peas
405	27	36	436	543	7	58	Shrimp Pesto Pasta, Broccoli
476	20	45	202	812	11	62	Creamy Pesto Pasta Primavera, Diced Carrots, Seasoned Edamame
430	20	67	371	1179	16	67	Lentil Curry Stew, Wild Rice & Chickpea Blend, Buttered Peas

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BREAKFAST							
448	23	62	527	1239	5	70	French Toast, Turkey Sausage, Roasted O'Brien Potatoes, Cinnamon Applesauce
347	21	45	523	1170	4	71	Pancake, Turkey Sausage, Roasted Red Potatoes, Cherries
465	21	52	591	852	5	72	Cheese Omelet, Roasted Red Potatoes, Steel Cut Oatmeal
624	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 and Veggie Burger are not offered as cut meals.