

MINCED & MOIST CHOICE MENU

Calories*	Protein*	Carbs*	Sodium*	Potassium*	Fiber*	#	MEAL CHOICES
HOMESTYLE FAVORITES							
405	24	55	312	670	4	M-1	Baked Chicken with Gravy, Brown Rice Mashed Potatoes, Carrots
432	28	61	292	712	7	M-5	Roast Turkey with Gravy, Brown Rice, Sweet Potatoes, Peas
387	24	42	318	755	7	M-12	Turkey Meatloaf with Gravy, Sweet Potatoes, Peas
461	20	58	436	573	9	M-23	Salisbury Steak with Gravy, Brown Rice, Sweet Potatoes, Peas
420	21	57	243	775	12	M-28	Pasta with Meat Sauce, Carrots, Peas
390	20	32	234	698	5	M-37	Meatloaf with Gravy, Mashed Potatoes, Carrots



ALL MEALS ARE LOW IN SODIUM AND HEART HEALTHY



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
499	23	50	543	537	6	M-61	Macaroni and Cheese, Peas, Carrots

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.

December 2023