

SPRING CHOICE MENU

2024

Calories*	Protein*	Carbs*	Sodium*	Potassium*	Fiber*	#	MEAL CHOICES
HOMESTYLE FAVORITES							
523	36	52	436	1204	5	02	Seasoned Chicken Thigh with Homemade BBQ Sauce, Mashed Potatoes, Broccoli, Dinner Roll
360	31	41	585	1105	7	10	Cajun Chicken with Red Gravy, Veggie Dirty Rice, Seasoned Spinach, Dinner Roll
378	23	40	315	752	6	12	Turkey Meatloaf with Gravy, Sweet Potatoes, Seasoned Brussel Sprouts
366	25	43	526	536	3	14	Herb Roasted Chicken w/ Lemon Sauce, Dumplings, Roasted Vegetables
458	20	46	566	1235	8	23	Salisbury Steak with Gravy, Baked Potato, Peas, Dinner Roll
419	21	37	235	1062	5	37	Meatloaf with Gravy, Mashed Potatoes, Capri Vegetable Blend
488	32	43	618	673	7	40	Macaroni & Cheese with Pulled Pork, Seasoned Collard Greens

Calories*	Protein*	Carbs*	Sodium*	Potassium*	Fiber*	#	MEAL CHOICES
361	25	51	466	797	7	51	Seasoned Salmon Filet, Wild Rice and Squash Pilaf, Asparagus, Dinner Roll
475	24	60	629	547	10	61	Macaroni and Cheese, Broccoli
426	20	76	577	958	15	64	Three Bean Chili, Baked Potato, Oyster Crackers
380	21	56	451	1539	13	69	Vegan Dirty Rice and Edamame with Red Gravy, Seasoned Spinach

CLASSIC SELECTIONS

392	26	38	471	861	6	06	Chicken Tenders, Sweet Corn, Peas
358	20	44	330	772	5	17	**Turkey Burger, Sweet Corn, Capri Vegetable Blend
392	24	41	312	580	5	26	**Hamburger with Bun, Asparagus, Sweet Corn
429	23	51	450	1041	10	66	**Veggie Burger with Bun, Roasted Red Potatoes, Broccoli

Calories*	Protein*	Carbs*	Sodium*	Potassium*	Fiber*	#	MEAL CHOICES
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AROUND THE WORLD

391	25	62	657	1002	12	07	Chicken Sausage Link, German Lentils, Braised Apples & Cabbage
360	20	38	516	579	11	11	Hoppin John (Southern Black-Eyed Pea Casserole), Diced Carrots, Peas
408	23	53	563	869	7	18	Chicken Enchilada Casserole, Brown Rice, Seasoned Cauliflower
398	26	63	271	963	4	20	Sweet and Sour Chicken with Vegetables, Rice, Broccoli
411	27	44	471	951	10	21	Baja Beef, Warm Barley Salad, Diced Carrots
418	28	49	447	783	7	25	Beef & Broccoli, Vegetable Fried Rice, Snap Peas, Fortune Cookie
444	22	57	237	862	11	28	Pasta with Meat Sauce, Peas
371	23	31	280	503	3	52	Ginger Soy Cod Filet, Rice, Diced Carrots
342	35	38	246	536	8	58	Shrimp Pesto Pasta, Broccoli
441	22	37	386	555	8	62	Pesto Pasta Primavera, Broccoli
415	20	65	360	1159	15	67	Lentil Curry Stew, Wild Rice & Chickpea Blend, Peas

Calories*	Protein*	Carbs*	Sodium*	Potassium*	Fiber*	#	MEAL CHOICES
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BREAKFAST

468	21	64	488	1143	5	70	French Toast, Turkey Sausage, Roasted O'Brien Potatoes, Cinnamon Applesauce
367	19	47	484	1190	4	71	Pancake, Turkey Sausage, Roasted Red Potatoes, Cherries
465	21	52	591	849	5	72	Cheese Omelet, Roasted Red Potatoes, Steel Cut Oatmeal
366	21	32	386	683	5	78	Country Pot Roast Breakfast, Root Veggie Hash, Diced Apples

Calories*	Protein*	Carbs*	Sodium*	Potassium*	Fiber*		MILK PER 8 OUNCE SERVING (1/2 PINT)
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120	8	11	120	397	0		2% Milk
80	8	11	120	410	0		Fat Free (Skim) Milk
150	8	23	190	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. April 2024

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

MEAL DETAILS TO SPRING 2024 MENU

#02 – Seasoned Chicken Thigh with Homemade BBQ Sauce, Mashed Potatoes, Broccoli, Dinner Roll

- The chicken thigh is coated with a homemade dry rub seasoning and baked. It is topped with homemade cherry BBQ sauce. The mashed potatoes are made with real red skin potatoes, milk, sour cream, and real butter. The broccoli is frozen on the side.

#06 – Chicken Tenders, Sweet Corn, Peas

- The 2 chicken tenders are white meat chicken. The mashed potatoes are made with real red skin potatoes, milk, sour cream, and real butter. The peas are topped with an oil blend to prevent shriveling and sticking together when reheated.

#07 – Chicken Sausage Link with German Lentils, Braised Apples and Cabbage

- The Apple chicken sausage link is from Tolman's Meats with a synthetic coating and filled with chicken sausage, apples, and sage along with other spices. The German lentils are made with lentils, black and white barley, carrots, beets, onions, celery, balsamic vinegar, garlic, and dill. The apples and cabbage are mixed with butternut squash and braised in butter, garlic, apple cider vinegar, honey and Dijon mustard. (2 compartment tray)

#10 – Cajun Chicken with Red Gravy, Veggie Dirty Rice, Seasoned Spinach, Dinner Roll

- The chicken thigh is coated with seasonings and shredded. The veggie dirty rice is made with brown rice, quinoa, sweet potatoes, green peppers, celery, plant-based chorizo, red wine vinegar, ground mustard, and paprika. The spinach is seasoned with lemon juice, garlic, and no salt seasoning then sauteed with olive oil and blended with arugula. The red gravy is a tomato-based sauce made with fresh tomatoes, celery, onions, carrots, and a blend of spices. (2 compartment tray)

#11 – Hoppin' John, Diced Carrots, Broccoli

- Hoppin' John is a Southern black-eyed pea casserole with turkey kielbasa, barley, and black-eyed peas and seasonings. The vegetables are both frozen and scooped in the sides of the tray.

#12 – Turkey Meatloaf with Gravy, Sweet Potatoes, Seasoned Brussel Sprouts

- The meatloaf is made with ground turkey, oats, milk, eggs, onions, green peppers, and spices. It's topped with poultry gravy. Sweet potatoes are smooth with added cinnamon. The Brussel sprouts are seasoned with no-salt vegetable seasoning and oil.

#14 – Herb Roasted Chicken w/ Lemon Sauce, Dumplings, Roasted Vegetables

- The chicken breast is seasoned with herbs before being baked. It is served on top of a Spaetzle, or German Dumplings with a Lemon Butter Sauce. A roasted, slightly seasoned vegetable mix of celery, carrots, onions, and zucchini is served on the side. (1 compartment tray)

#17 – Turkey Burger with Bun, Sweet Corn, Capri Vegetable Blend

- The turkey burger is purchased from GFS and contains seasonings. The sweet corn and capri vegetable blend (French-style green beans, crinkle-cut carrots, crinkle-cut zucchini and crinkle-cut yellow squash) are scooped frozen in the tray.

#18 – Chicken Enchilada Casserole, Brown Rice, Seasoned Cauliflower

- The casserole has white and dark meat chicken, black beans, corn, chopped tortillas, homemade enchilada sauce, and cheese. The cauliflower is roasted and seasoned with Mexican seasonings including cumin and chili powder. (2 compartment tray)

#20 – Sweet and Sour Chicken with Vegetables, Brown Rice, Broccoli

- The chicken is all white meat, combined with homemade sweet and sour sauce and pineapple, carrots, and onions. The broccoli is frozen and scooped on the side of the tray. (2 compartment tray)

#21 – Baja Beef with Warm Barley Salad, Diced Carrots

- The low sodium beef is simmered in a beef broth made with onions, green peppers, roasted red peppers, garlic, chili powder, cumin, lime juice, and other seasonings. The warm barley salad is barley, corn, onions, diced tomatoes, cauliflower rice, and kale in a homemade vinaigrette. The dish is topped with cojita cheese, which is a soft and crumbly Mexican cheese. The diced carrots are frozen and scooped on the side. (2 compartment tray)

#23 – Salisbury Steak with Gravy, Baked Potato, Peas, Dinner Roll

- The beef steak is blended with soy and is pre-cooked with grill marks. It's topped with beef gravy. The spinach is sauteed with olive oil and seasonings. The baked potato is plain. The roll is whole grain.

#25 – Beef & Broccoli, Vegetable Fried Rice, Snap Peas, Fortune Cookie

- The beef and broccoli is with low sodium beef, broccoli cuts, green peppers, green onions, red cabbage, lite soy sauce, sesame oil, and beef broth. The vegetable fried rice is sauteed brown rice with edamame, riced cauliflower, carrots, eggs, Thai chili sauce, and a flavor puck of mint, lemongrass, ginger basil, and garlic. The snap peas are frozen and scooped on the side. The fortune cookie is individually wrapped and whole grain. (2 compartment tray)

#26 – Hamburger with Bun, Sweet Corn, Asparagus

- The hamburger is all beef and pre-cooked. The bun is whole grain. We use super sweet corn. The asparagus is scooped frozen into the tray.

#28 – Pasta with Meat Sauce, Peas

- This meal contains whole grain penne or rotini pasta and mixed with meat sauce made with prepared spaghetti sauce, dried basil, and spices. The peas are topped with a butter-flavor oil blend at the time of plating. (2 compartment tray)

#37 – Meatloaf with Gravy, Mashed Potatoes, Capri Vegetable Blend

- The meatloaf is made with ground beef, oats, milk, eggs, onions, green peppers, and spiced. It's topped with beef gravy. The mashed potatoes are made with real potatoes, milk, sour cream, and real butter. The capri vegetable blend (French-style green beans, crinkle-cut carrots, crinkle-cut zucchini and crinkle-cut yellow squash) is scooped frozen in the tray.

#40 – Mac & Cheese with Pulled Pork, Seasoned Collard Greens

- The pulled pork is from pork butt which is slow roasted with a homemade dry rub seasoning. The macaroni and cheese is a whole grain elbow pasta mixed with smoked gouda, white cheddar cheese, and dry mustard, cream cheese, tofu, and other seasonings. The collard greens are simmered with liquid smoke, onions, and seasonings. (2 compartment tray)

#51 – Seasoned Salmon Filet, Wild Rice and Squash Pilaf, Asparagus, Dinner Roll

- The salmon filet is glazed with orange juice, garlic, maple syrup and soy sauce. The wild rice is mixed with barley, riced squash, dried cranberries and seasonings. The asparagus tips/nibbles are scooped frozen in the tray. (2 compartment tray)

#52 – Ginger Soy Cod Filet, Brown Rice, Diced Carrots

- The cod is baked with a scratch-made ginger and soy sauce-based marinade. It goes on top of a bed of brown rice. And the carrots are scooped frozen in the tray. (2 compartment tray)

#58 – Shrimp Pesto Pasta, Broccoli

- This pasta dish is made with rotini pasta, pesto (made with kale, basil but no nuts) sauce with Scandinavian vegetables (peas, carrots, zucchini, green beans) and parmesan cheese. It is topped with sauteed blackened shrimp. The broccoli is scooped from frozen in the tray. (2 compartment tray)

#70 - French Toast, Turkey Sausage, Roasted Red Potatoes, Cinnamon Applesauce

- The red potatoes are roasted with olive oil, rosemary, paprika, parsley and other spices. The applesauce has cinnamon swirled in it. The French toast is a round piece of toast battered in an egg mixture. This is a purchased product from GFS.

#71 – Pancake, Turkey Sausage, Roasted Red Potatoes, Cherries

- The pancake and turkey sausage are purchased products. The red potatoes are roasted with olive oil, rosemary, paprika, parsley and other spices. The cherries are frozen, pitted sweet cherries (although the label will read “may contain pits”).

#72 – Cheese Omelet, Roasted Red Potatoes, Steel Cut Oatmeal

- The cheese omelet is a pre-made product. The red potatoes are roasted with olive oil, rosemary, paprika, parsley and other spices. The steel-cut oatmeal recipe contains vanilla and maple syrup. It’s a heartier texture than regular oatmeal.

#78 – Country Pot Roast Breakfast, Root Veggie Hash, Diced Apples

- The low-sodium pot roast is mixed with Country Gravy, pepper, and Italian seasoning. The root veggie hash is a mix of sweet potatoes, red potatoes, shaved brussel sprouts, and onions roasted with sage, rosemary, and a little pancake syrup. There is a real egg (looks like a fried egg with black pepper) on top. The diced apples are canned and scooped on the side.

#61 – Macaroni and Cheese, Broccoli

- The macaroni and cheese is scratch-made with smoked gouda and white cheddar cheeses, along with cream cheese, dry mustard, tofu, and other seasonings. The broccoli is scooped frozen in the tray. (1 compartment tray)

#62 – Creamy Pesto Pasta Primavera, Broccoli

- This pasta dish is made with whole grain rotini pasta, pesto made with basil and pine nuts, cream sauce with Scandinavian vegetables (peas,

carrots, zucchini, green beans) and parmesan cheese. The edamame (which are fresh soybeans) are folded into the pesto pasta. It is sprinkled with parmesan cheese. Broccoli is on the side. (2 compartment tray)

#64 – Three Bean Chili, Baked Potato, Oyster Crackers

- The three bean chili is vegan homemade with a variety of beans, tomatoes, plant based soy chorizo and spices. A baked potato and crackers come as the sides. (2 compartment tray)

#66 – Veggie Burger with Bun, Roasted Red Potatoes and Broccoli

- The veggie burger is a pre-made product mostly soy based. The bun is whole grain. The broccoli is scooped frozen in the tray. The red potatoes are roasted with olive oil, rosemary, paprika, parsley and other spices.

#67 – Lentil Curry Stew, Wild Rice Blend, Peas

- The scratch-made stew is made with lentils, carrots, sweet potatoes, onions, garlic, and a mild curry broth (curry powder is made from turmeric, cumin, ginger, and black pepper). There is tofu blended in the sauce to make it thick and for extra protein. It is served on top of a bed of wild rice, quinoa, and garbanzo beans (chickpeas) which are cooked with onions and celery. Peas are served on the side. (2 compartment tray)

#69 – Vegan Dirty Rice with Edamame and Red Gravy, Seasoned Spinach

- The veggie dirty rice is made with brown rice, quinoa, sweet potatoes, green peppers, celery, plant-based chorizo, red wine vinegar, ground mustard, and paprika. The spinach is seasoned with lemon juice, garlic, and no salt seasoning then sauteed with olive oil and blended with arugula. The red gravy is a tomato-based sauce made from fresh tomatoes, celery, onions, carrots, and a blend of spices. It is the same as #10 but edamame replaces the chicken, so the dish is vegan. (1-compartment tray)