



MINCED & MOIST CHOICE MENU 2024

#	MEAL CHOICE	CALORIES	PROTEIN	CARBS	SODIUM	FIBER
M-1	Baked Chicken with Gravy, Rice, Mashed Potatoes, Carrots	398	20	57	249	5
M-5	Roast Turkey with Gravy, Rice, Sweet Potatoes, Peas	476	29	67	419	7
M-14	Herb Roasted Chicken with Lemon Butter Gravy, Rice, Sweet Potatoes, Peas	477	36	67	379	7
M-23	Salisbury Steak with Gravy, Rice, Sweet Potatoes, Peas	562	26	59	588	10
M-28	Pasta with Meat Sauce, Carrots, Peas	519	26	71	286	14
M-37	Enchilada Beef Bowl, Rice, Carrots, Peas	338	27	40	329	6
M-53	Baked Tilapia with Lemon Sauce, Rice, Sweet Potatoes, Peas	550	31	54	397	7
M-61	Macaroni & Cheese, Peas, Carrots	499	20	57	572	7
MILK (PER 8 OUNCE SERVING OR 1/2 PINT)						
#	MILK CHOICE	CALORIES	PROTEIN	CARBS	SODIUM	FIBER
	2% Milk	120	8	11	120	0
	Fat Free (Skim) Milk	80	8	11	120	0
	Low-fat Chocolate Milk	150	8	23	190	1
	Vanilla Soy Milk	140	8	17	110	2

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

To change your order, simply repeat these two 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 Western Michigan? She is here to help with any nutrition-related questions you may have and can help find the best meals for you based your dietary needs! We encourage reach her (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 a.m. - 3:30 p.m.

Thank you,
Meals on Wheels Western Michigan

*The nutritional information provided for each meal is based on current products and recipe analysis at the time of menu printing. It may change slightly as products used for recipes may change and are updated regularly. July 2024

