2024 FALL CHOICE MENU

HOMESTYLE FAVORITES

#	MEAL CHOICE	CALORIES	PROTEIN	CARBS	SODIUM	FIBER
2	Seasoned Chicken Thigh with Homemade BBQ Sauce, Mashed Potatoes, Broccoli, Dinner Roll	460	33	37	302	4
10	Cajun Chicken with Red Gravy, Veggie Dirty Rice, Seasoned Spinach, Dinner Roll	370	39	32	502	8
12	Turkey Meatloaf with Gravy, Sweet Potatoes, Seasoned Brussel Sprouts	467	26	51	316	8
14	Herb Roasted Chicken with Roasted Vegetables, Dumplings with Lemon Sauce, Capri Vegetable Blend	357	30	36	552	4
6	Beef & Bean Chili, Baked Potato, Oyster Crackers	407	20	56	561	10
17	Beef Stew, Broccoli, Dinner Roll	443	20	40	630	7
23	Salisbury Steak with Gravy, Baked Potato, Peas, Dinner Roll	435	21	45	487	7
26	Beef Stroganoff, Capri Vegetable Blend	465	30	46	371	4
37	Meatloaf with Gravy, Mashed Potatoes, Capri Vegetable Blend	423	21	36	219	5
40	Macaroni & Cheese with Pulled Pork, Seasoned Collard Greens	451	29	37	582	6
51	Seasoned Salmon Filet, Wild Rice & Squash Pilaf, Asparagus, Dinner Roll	379	25	54	559	7

#	MEAL CHOICE	CALORIES	PROTEIN	CARBS	SODIUM	FIBER
61	Macaroni & Cheese, Broccoli	472	21	59	617	7
64	Three Bean Chili, Baked Potato, Oyster Crackers	454	21	77	618	17
69	Veggie Dirty Rice and Edamame with Red Gravy, Seasoned Spinach	353	22	45	415	13

AROUND THE WORLD

#	MEAL CHOICE	CALORIES	PROTEIN	CARBS	SODIUM	FIBER
7	Chicken Sausage Link, German Lentils, Braised Apples & Cabbage	403	28	67	604	15
11	Hoppin John (Southern Black-Eyed Pea Casserole), Diced Carrots, Peas	404	23	47	580	12
18	Chicken Enchilada Bake, Rice, Seasoned Cauliflower	385	23	48	475	7
20	Sweet & Sour Chicken with Vegetables, Rice, Broccoli	396	31	60	183	3
21	Southwest Beef, Corn & Barley Blend, Diced Carrots	408	26	45	575	11
25	Beef & Broccoli, Veggie Fried Rice, Snap Peas, Fortune Cookie	350	25	31	430	6
28	Pasta with Meat Sauce, Peas	480	23	64	241	9
52	Ginger Soy Cod Filet, Rice, Diced Carrots	351	25	52	494	5
58	Shrimp Pesto Pasta, Broccoli	345	33	35	252	7
62	Pesto Pasta Primavera, Seasoned Edamame	397	20	39	212	10
67	Lentil Curry Stew, Wild Rice & Chickpea Blend, Peas	438	19	66	389	16

BREAKFAST

#	MEAL CHOICE	CALORIES	PROTEIN	CARBS	SODIUM	FIBER
71	Pancake, Turkey Sausage, Roasted Red Potatoes, Cherries	413	21	42	618	3
72	Cheese Omelet, Roasted Red Potatoes, Steel Cut Oatmeal	358	20	43	633	5
78	Country Pot Roast Breakfast, Root Veggie Hash, Applesauce	393	21	38	415	5

MILK (PER 8 OUNCE SERVING / 1/2 PINT)

#	MEAL CHOICE	CALORIES	PROTEIN	CARBS	SODIUM	FIBER
	2% Milk	120	8	11	120	0
	Fat Free (Skim) Milk	80	8	11	120	0
	1% 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/

    • Call (616) 459-3111 ext.1 and leave us a message with your choices

To change your order, simply repeat steps 1 and 2.

We offer meals pre-cut if needed. Let us know if you would like this accommodation.**

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 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 a.m. - 3:30 p.m.

Thank you,

Meals on Wheels Western Michigan