

## SPRING/SUMMER CHOICE MENU 2025

HOMESTYLE FAVORITES						
#	MEAL CHOICE	Calories	Protein	Carbs	Sodium	Fiber
2	<b>BBQ Chicken</b> - Seasoned chicken thigh topped with tangy BBQ sauce served with broccoli and creamy mashed potatoes	482	48	37	397	4
5	<b>Baked Chicken</b> - Marinated chicken tenderloin tops a bed of rice and served with asparagus and a dinner roll	394	34	49	208	3
10	<b>Red Gravy Chicken</b> - Seasoned diced chicken cooked in a rustic tomato sauce loaded with vegetables and served with rice and seasoned spinach	402	32	59	583	10
12	<b>Turkey Meatloaf</b> - Savory ground turkey meatloaf served with creamy sweet potatoes and seasoned Brussel sprouts	434	26	51	316	8
14	<b>Herb Roasted Chicken</b> - Roasted herb-coated chicken tenderloin served on top of creamy dumplings with a side of capri vegetable blend	425	33	42	647	4
23	<b>Salisbury Steak</b> - Beef steak patty topped with beef gravy and served with a baked potato, green peas, and dinner roll	411	22	45	487	7
26	<b>Beef Stroganoff</b> - Shaved beef ribeye cooked with onions and mushrooms in a creamy beef sauce and served with capri vegetable blend	433	28	44	415	4
37	<b>Meatloaf</b> - Savory beef meatloaf topped with beef gravy and served with creamy mashed potatoes and capri vegetable blend	423	21	36	219	5

40	<b>Pulled Pork</b> - Slow-cooked, dry-rubbed pork, shredded, and served with mac & cheese and seasoned collard greens	503	38	25	571	5
51	<b>Seasoned Salmon Filet</b> - Alaskan salmon baked with a maple glaze and served with wild rice & squash pilaf, broccoli, and a dinner roll	382	24	53	563	7
61	<b>Macaroni &amp; Cheese</b> - A three-cheese sauce is folded into curly-shaped pasta and served with broccoli.	391	22	32	476	5
65	<b>Sweet Potato &amp; Lentil Soup</b> - A mix of sweet potatoes, celery, carrots, onions and seasonings are blended to make this rich and creamy soup which is served with seasoned edamame and saltine crackers	509	24	62	425	17
<b>AROUND THE WORLD</b>						
#	<b>MEAL CHOICE</b>	<b>Calories</b>	<b>Protein</b>	<b>Carbs</b>	<b>Sodium</b>	<b>Fiber</b>
7	<b>Chicken Sausage Link</b> - Apples and spice are blended in the chicken sausage link served with German lentils cooked with beets, braised apples & cabbage on the side	371	24	51	555	11
11	<b>Hoppin John</b> - Our version of southern black-eyed pea and barley casserole with seasoned turkey, served with diced carrots and broccoli	386	22	51	629	11
18	<b>Chicken Enchilada Bake</b> - Tortillas, black beans, corn and chicken are cooked with cheese and seasonings and served with seasoned cauliflower and rice	384	23	48	469	7
20	<b>Sweet &amp; Sour Chicken</b> - White meat chicken, bell peppers and onions are mixed with a tangy sauce and served with rice and broccoli	395	31	60	183	3
21	<b>Southwest Beef</b> - Tenderized beef smothered in Southwest-style sauce over a blend of corn, barley and beans with a side of diced carrots	390	24	42	500	10

25	<b>Beef &amp; Broccoli</b> - Shaved beef ribeye and broccoli cooked in an Asian soy ginger sauce served with veggie fried rice, and snap peas.	349	22	34	393	8
28	<b>Pasta with Meat Sauce</b> - Penne noodles are topped with a rich tomato sauce mixed with basil, oregano, and ground beef with peas on the side.	413	22	49	295	8
38	<b>Goulash</b> - Elbow noodles are cooked with ground beef, tomato sauce, vegetables and seasonings and served with peas	378	23	33	343	7
52	<b>Ginger Soy Cod</b> - A filet of cod on rice topped with a ginger soy marinade and served with diced carrots	351	25	52	494	5
58	<b>Shrimp Pesto Pasta</b> - Creamy pesto, rotini noodles and vegetables are topped with seasoned shrimp and served with broccoli	345	32	35	252	7
62	<b>Pesto Pasta Primavera</b> - Creamy pesto, rotini noodles and vegetables are topped with seasoned edamame (fresh soybeans) and served with broccoli	365	22	41	240	12
<b>BREAKFAST</b>						
#	MEAL CHOICE	Calories	Protein	Carbs	Sodium	Fiber
71	<b>French Toast</b> - Hand-dipped brioche bread is baked and served with a turkey sausage link. Blueberries are on the side to top the French toast	386	25	39	649	5
72	<b>Cheese Omelet</b> - cheese and egg omelet served with roasted red potatoes and steel cut oatmeal	414	20	41	672	5
78	<b>Steel Cut Oatmeal Bowl</b> - After heating, top with the blueberries on the side and mix in the Wowbutter cup (peanut butter alternative)	497	20	64	241	10

MILK (Per 8oz serving / Half Pint)						
MILK 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

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? She is here to help with any nutrition-related questions you may have and can help find the best meals based on your dietary needs! We encourage you to contact her at (616) 459–3111 ext.138.

In addition, please call (616) 459-3111 ext. 0 or email us at [info@mowwm.org](mailto:info@mowwm.org) with any questions you may have about our meal plans. We are here to help Monday through Friday, 8 a.m. to 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.

UPDATED APRIL 2025

