

FALL/WINTER CHOICE MENU 2025

HOMESTYLE FAVORITES

#	MEAL CHOICE	Calories	Protein	Carbs	Sodium	Fiber
2	BBQ Chicken - Seasoned chicken thigh topped with tangy BBQ sauce served with mashed potatoes, braised cabbage, and a dinner roll.	545	50	51	505	6
4	Roast Turkey - Roasted, sliced turkey is placed over sage stuffing and topped with gravy. Mixed vegetables and mashed potatoes are served on the side.	415	26	48	746	5
5	Baked Chicken - Marinated chicken tenderloin tops a bed of rice and served with asparagus and a dinner roll.	372	23	49	167	3
6	Beef and Bean Chili - Ground beef, beans, and tomatoes are combined with spices to create this hearty chili. Served with a baked potato and oyster crackers.	499	26	65	368	13
9	Seasoned Bone-in Chicken Leg - Sweet potatoes and peas are on the side of this simply seasoned baked chicken leg. Served with a dinner roll.	372	22	54	502	9
10	Red Gravy Chicken - Seasoned diced chicken cooked in a rustic tomato sauce loaded with vegetables and served with rice and seasoned spinach.	564	34	62	585	11
12	Turkey Meatloaf - Savory ground turkey meatloaf served with creamy sweet potatoes and mixed vegetables.	405	24	43	304	7
14	Herb Roasted Chicken - Roasted herb-coated chicken tenderloin served on top of herbed mushrooms & dumplings with a side of broccoli.	414	27	40	555	4

17	Beef Stew - Beef cubes are slow-cooked with sweet potatoes, carrots, and barley, and served with broccoli and a dinner roll.	401	22	40	618	7
23	Salisbury Steak - Beef steak patty topped with gravy and served with a baked potato, green peas, and dinner roll.	431	22	43	495	7
24	Beef Pot Roast - Braised beef is served with mashed potatoes topped with gravy and seasoned green beans are on the side. Served with a dinner roll.	451	20	41	392	5
26	Beef Stroganoff - Shaved beef ribeye cooked with onions and mushrooms in a creamy beef sauce with egg noodles and served with green bean medley.	437	28	44	415	4
30	Sloppy Joe - Ground beef is cooked with onions and seasonings to be placed on an included hamburger bun. Mixed vegetables and cauliflower are on the side.	568	29	61	481	8
37	Meatloaf - Savory beef meatloaf topped with beef gravy and served with mashed potatoes and a capri vegetable blend.	443	22	35	228	5
40	Pulled Pork - Slow-cooked, dry-rubbed pork, shredded, and served with mac & cheese and seasoned collard greens.	509	38	25	567	5
51	Seasoned Salmon Filet - Alaskan salmon baked with a maple glaze and served with wild rice & squash pilaf, broccoli, and a dinner roll.	382	24	53	563	7
52	Glazed Tilapia - A filet of tilapia on rice topped with a light marinade and served with diced carrots.	431	29	51	495	5
61	Macaroni & Cheese - A three-cheese sauce is folded into curly-shaped pasta and served with broccoli.	401	23	32	470	5

64	Three Bean Chili - Lentils, edamame, and navy beans are added to vegan sausage, tomatoes and seasonings. Served with a baked potato and oyster crackers.	454	21	77	624	17
65	Sweet Potato & Lentil Soup - 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 oyster crackers.	531	24	66	347	17
AROUND THE WORLD						
#	MEAL CHOICE	Calories	Protein	Carbs	Sodium	Fiber
11	Hoppin John - Our version of southern black-eyed pea and barley casserole with seasoned turkey, served with diced carrots, broccoli and a dinner roll.	406	22	51	628	11
18	Savory Chicken w/ Fiesta Rice - Cheesy, creamy diced chicken breast is served on top of rice mixed with beans and corn. Seasoned cauliflower is served on the side.	359	29	33	274	5
20	Sweet & Sour Chicken - White meat chicken, peppers and onions are mixed with tangy sauce. Served with rice and broccoli.	431	32	61	187	3
21	Tacos - Ground beef is seasoned with our own taco seasoning blend and topped with a fiesta tomato sauce. Rice w/ veggies, and diced carrots are served on the side. Includes two flour tortillas, packaged separately.	552	21	64	537	9
25	Beef & Broccoli - Shaved beef ribeye and broccoli cooked in a soy ginger sauce served with veggie fried rice and snap peas.	401	21	37	517	7
28	Pasta with Meat Sauce - Penne noodles are topped with a rich tomato sauce mixed with basil, oregano, ground beef and finished with parmesan cheese & peas on the side.	428	25	41	494	8

38	Goulash - Elbow noodles are cooked with ground beef, tomato sauce, vegetables and seasonings and served with peas.	378	23	33	343	7
58	Shrimp Pesto Pasta - Creamy pesto, rotini noodles and vegetables are topped with seasoned shrimp and served with broccoli and a dinner roll.	365	33	42	309	7
62	Pesto Pasta Primavera - Creamy pesto, rotini noodles and vegetables are topped with seasoned edamame (fresh soybeans) and served with broccoli.	393	26	41	237	13

BREAKFAST						
#	MEAL CHOICE	Calories	Protein	Carbs	Sodium	Fiber
71	French Toast Bake - Whole grain bread is layered and baked with eggs, milk, and sweet seasonings. This is served with turkey sausage and blueberry compote.	537	29	65	545	9
72	Cheese Omelet - Cheese and egg omelet served with roasted red potatoes and steel cut oatmeal.	414	20	41	672	5
73	Breakfast Hash - Scrambled eggs, turkey sausage, green peppers and cheese are sauteed together. Steel cut oatmeal and blueberry compote are served on the side.	447	21	57	284	7
74	Western Scramble - Scrambled eggs w/ peppers, onions, & seasonings. Steel-cut oatmeal and roasted red potatoes are served on the side.	475	28	45	621	6
75	Biscuits & Gravy - Savory turkey sausage gravy tops a biscuit served w/ roasted red potatoes w/ peppers & onions & diced peaches on the side.	601	25	59	776	5
76	Egg & Cheese Bake - A layered casserole of bread, eggs, cheese, and turkey sausage. Cinnamon applesauce and red potatoes w/ peppers & onions are sides.	445	24	43	422	5
78	Steel Cut Oatmeal Bowl - Homemade oatmeal is served with blueberries and a Wowbutter cup (peanut butter alternative) as toppings.	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 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! Ask to speak with her at (616) 459-3111.

In addition, please call (616) 459-3111 or email us at 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 (2025)

*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 SEPTEMBER 2025

