

## SPRING/SUMMER CHOICE MENU 2026

HOMESTYLE FAVORITES						
#	MEAL CHOICE	Calories	Protein	Carbs	Sodium	Fiber
2	<b>BBQ Chicken</b> - Seasoned chicken thigh topped with tangy BBQ sauce served with mashed potatoes, braised cabbage, and a dinner roll.	558	51	53	525	6
4	<b>Roast Turkey</b> - 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	747	5
5	<b>Baked Chicken</b> - Marinated chicken tenderloin tops a bed of rice and served with asparagus and a dinner roll.	401	25	58	189	5
6	<b>Beef and Bean Chili</b> - Ground beef, beans, and tomatoes are combined with spices to create this hearty chili. Served with a baked potato and oyster crackers.	503	26	65	368	13
9	<b>Seasoned Bone-in Chicken Leg</b> - Sweet potatoes and peas are on the side of this simply seasoned baked chicken leg. Served with a dinner roll.	391	25	50	575	10
10	<b>Red Gravy Chicken</b> - Seasoned diced chicken is cooked in a rustic tomato sauce loaded with vegetables and served with rice and seasoned spinach.	560	33	62	584	11
12	<b>Turkey Meatloaf</b> - Savory ground turkey meatloaf served with creamy sweet potatoes and mixed vegetables.	405	24	43	304	7
14	<b>Herb Roasted Chicken</b> - Roasted herb coated chicken tenderloin served on top of herbed mushrooms & dumplings with a side of broccoli.	449	26	38	447	3
15	<b>Grilled Chicken Breast</b> - Simply seasoned grilled chicken breast served with a baked potato and mixed vegetables.	325	27	42	549	6

17	<b>Beef Stew</b> - Beef cubes are slow-cooked with sweet potatoes, carrots, and barley, and served with broccoli and a dinner roll.	411	23	41	554	7
23	<b>Salisbury Steak</b> - Beef steak patty topped with gravy and served with a baked potato, mixed vegetables, and dinner roll.	368	20	39	581	6
24	<b>Beef Pot Roast</b> - Braised beef is served with mashed potatoes topped with gravy and seasoned green beans are on the side. This is served with a dinner roll.	460	21	43	411	5
26	<b>Beef Stroganoff</b> - Shaved beef ribeye cooked with onions and mushrooms in a creamy beef sauce with egg noodles and served with green bean medley.	435	28	44	411	3
27	<b>Hamburger</b> - 100% beef patty served with baked beans and a vegetable medley. Includes one hamburger bun, packaged separately.	435	28	45	620	8
30	<b>Sloppy Joe</b> - Ground beef is cooked with onions and seasonings. Mixed vegetables and cauliflower are on the side. Includes one hamburger bun, packaged separately.	568	29	61	481	8
37	<b>Meatloaf</b> - Savory beef meatloaf topped with beef gravy and served with mashed potatoes and a capri vegetable blend.	443	22	35	229	5
40	<b>Pulled Pork</b> - Slow-cooked, dry-rubbed pork, shredded, and served with mac & cheese and seasoned collard greens.	506	38	24	566	5
51	<b>Seasoned Salmon Filet</b> - Alaskan salmon baked with a maple glaze and served with an ancient grain blend, broccoli, and a dinner roll.	310	23	41	315	4
52	<b>Glazed Tilapia</b> - A filet of tilapia on rice topped with a light marinade and served with diced carrots.	428	29	51	495	5
61	<b>Macaroni &amp; Cheese</b> - A three-cheese sauce is folded into curly-shaped pasta and served with broccoli.	401	23	32	470	5

64	<b>Three Bean Chili</b> - Lentils, edamame, and navy beans are added to vegan sausage, tomatoes, and seasonings. Served with a baked potato and oyster crackers.	437	20	74	615	16
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 oyster crackers.	553	24	70	380	19
<b>AROUND THE WORLD</b>						
#	MEAL CHOICE	Calories	Protein	Carbs	Sodium	Fiber
11	<b>Hoppin' John</b> - Our version of southern black-eyed pea and barley casserole with seasoned turkey, served with diced carrots, broccoli and a dinner roll.	416	23	53	649	11
18	<b>Savory Chicken with Fiesta Rice</b> - Cheesy, creamy diced chicken breast is served on top of rice mixed with beans and corn. Seasoned cauliflower is served on the side.	358	29	33	274	5
20	<b>Sweet &amp; Sour Chicken</b> - White meat chicken, peppers and onions are mixed with tangy sauce. Served with rice and broccoli.	323	20	49	339	3
21	<b>Tacos</b> - Ground beef is seasoned with our own taco seasoning blend and topped with a fiesta tomato sauce. Rice with veggies is served on the side along with diced carrots. Includes two flour tortillas, packaged separately.	536	20	63	513	8
25	<b>Beef &amp; Broccoli</b> - Shaved beef ribeye and broccoli cooked in a soy ginger sauce served with veggie fried rice and snap peas.	411	23	38	524	7
28	<b>Pasta with Meat Sauce</b> - Penne noodles are topped with a rich tomato sauce mixed with basil, oregano, ground beef and finished with parmesan cheese. Peas are served on the side.	410	24	37	461	7

38	<b>Goulash</b> - Elbow noodles are cooked with ground beef, tomato sauce, vegetables and seasonings and served with peas.	379	23	33	282	8
58	<b>Shrimp Pesto Pasta</b> - Creamy pesto, rotini noodles and vegetables are topped with seasoned shrimp and served with broccoli and a dinner roll.	376	34	43	329	7
62	<b>Pesto Pasta Primavera</b> - Creamy pesto, rotini noodles and vegetables are served with seasoned edamame (fresh soybeans).	394	26	41	236	13
<b>BREAKFAST</b>						
#	MEAL CHOICE	Calories	Protein	Carbs	Sodium	Fiber
71	<b>French Toast</b> - Traditional French Toast baked with eggs, milk, and sweet seasonings. This is served with turkey sausage and blueberry compote.	478	23	62	473	4
72	<b>Cheese Omelet</b> - Cheese and egg omelet with roasted red potatoes and blueberry compote on the side. An instant oatmeal packet also comes with the meal.	497	19	74	629	7
73	<b>Breakfast Hash</b> - Scrambled eggs, turkey sausage, green peppers and cheese are sauteed together. Steel cut oatmeal and blueberry compote are served on the side.	544	25	71	330	7
74	<b>Western Scramble</b> - Eggs are scrambled with peppers, onions, and seasonings. Steel-cut oatmeal and roasted red potatoes are served on the side.	482	28	46	627	7
75	<b>Biscuits &amp; Gravy</b> - Savory turkey sausage gravy tops a biscuit and is served with roasted red potatoes with peppers and onions. Diced peaches are on the side.	556	21	61	718	5
76	<b>Egg &amp; Cheese Bake</b> - A layered casserole of bread, eggs, cheese, and turkey sausage. Cinnamon applesauce and red potatoes with peppers and onions are sides.	454	25	43	435	5

<b>78</b>	<b>Steel Cut Oatmeal Bowl</b> - Homemade oatmeal is served with blueberries and a Wowbutter cup (peanut butter alternative) as toppings.	<b>559</b>	<b>20</b>	<b>79</b>	<b>243</b>	<b>10</b>
<b>MILK (Per 8oz serving / Half Pint)</b>						
	<b>MILK CHOICE</b>	<b>Calories</b>	<b>Protein</b>	<b>Carbs</b>	<b>Sodium</b>	<b>Fiber</b>
	<b>2% Milk</b>	<b>120</b>	<b>8</b>	<b>11</b>	<b>120</b>	<b>0</b>
	<b>Fat Free (Skim) Milk</b>	<b>80</b>	<b>8</b>	<b>11</b>	<b>120</b>	<b>0</b>
	<b>1% Chocolate Milk</b>	<b>150</b>	<b>8</b>	<b>23</b>	<b>190</b>	<b>1</b>
	<b>Vanilla Soy Milk</b>	<b>140</b>	<b>8</b>	<b>17</b>	<b>110</b>	<b>2</b>

1. Choose the meals you would like from 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 in 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? Amy 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](mailto:info@mowwm.org) with any questions you have about our meal plans. We are here to help Monday through Friday, 8:00 a.m. to 3:30 p.m.

Thank you, Meals on Wheels Western Michigan (2026)

\*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 MARCH 2026

