



# Meals on Wheels Menu

Menu as of  
11/2018

O = Low Saturated Fat (<10% of Calories from Saturated Fat) and Low Cholesterol (<100 mg/meal)  
 ↓ = Low Sodium (<767 mg Sodium per meal)  
 V = Vegetarian (may contain dairy and eggs) V+ = Vegan (no animal derived ingredients)

**Lunches/Dinners: Each meal includes an optional roll or side of rice, and milk.** #

1		↓		Pork Patty, Gravy, New Potatoes, Spinach, Applesauce w/Cinnamon	1	
4	O	↓	V	Macaroni & Cheese, Broccoli, Apple Crisp	4	
5	O	↓		Chicken Casserole, Peas, Tropical Fruit	5	
7	O			Roast Turkey, Gravy, Dressing, Mashed Potatoes, Veg 4 way	7	
9		↓		Salisbury Steak, Mushroom Gravy, Mashed Potatoes, Carrots	9	
10		↓	V	Cheesy Vegetable Bake, Black Beans & Rice, Applesauce w/Cinnamon	10	
11	O			Country Fried Steak, Gravy, Mashed Potatoes, Peas	11	
12				Meatloaf, Gravy, Roasted Red Potatoes, Vegetables	12	
14		↓		Spaghetti w/Meatballs, Green Beans, Fruit Cocktail & Mandarin Oranges	14	
16		↓		Swedish Meatballs, Gravy, Noodles, Broccoli, Carrots	16	
19	O	↓		Baked Fish, Roasted Red Potatoes, Spinach	19	
20	O	↓		Chicken Patty, Mashed Potatoes, Gravy, Carrots	20	
22		↓		Egg Sandwich w/Sausage & Cheese, Broccoli, Applesauce w/Cinnamon	22	
23	O	↓		Lemon Pepper Fish, Rice w/Peas & Carrots, Lemon Pudding	23	
24	O		V	Broccoli Tortellini Alfredo, Peas & Carrots, Fruit Cocktail	24	
26	O	↓		Chicken Pot Pie, Peas, Peach Crisp	26	
31	O	↓	V	Cheese Enchilada, Rice, Black Beans, Mixed Vegetables	31	
32		↓		Mexican Pasta Skillet, Cheddar Cheese, Peas, Apple Crisp	32	
600	O	↓	V+	Chili, Rice, Vegetable Blend (peas,corn,carrots,green beans)	600	
602	O	↓	V+	Chili Macaroni, Green Beans	602	
604	O		V+	Sloppy Joe, Tator Puffs, Vegetable Blend (peas,corn,carrots,green beans)	604	
606	O	↓	V+	Spaghetti, Lentil Beans	606	
610	O	↓	V+	Burrito (Rice and Bean), Chunk Roasted Potatoes, Corn	610	

White Whole Grain Dinner Roll: # \_\_\_\_\_ Rice: # \_\_\_\_\_ Milk: # \_\_\_\_\_ Total Dinners \_\_\_\_\_

**Breakfasts: Each meal includes an optional dry milk packet.** #

616	O	↓	V+	Zucchini Scramble w/Chunk Roasted Potatoes, Cajun Style Black Beans	616	
1B		↓	V	Cheese Omelet, Pancakes, Pears	1B	
3B		↓	V	French Toast, Scrambled Eggs, Peaches	3B	
4B				Breakfast Burrito, (Cheddar, Sausage, Egg), Hashbrowns, Fruit Cocktail	4B	
5B	O			Biscuit & Gravy, Scrambled Eggs, Peaches	5B	

Milk: # \_\_\_\_\_ Total Breakfasts \_\_\_\_\_

Total # of Meals Ordered \_\_\_\_\_ X \$5 per meal (Suggested Donation) = \_\_\_\_\_  
 \*\$5 per meal charge if Private Pay

# Liquid Supplement Order Form

## ENSURE (24 pack) \$27.00

\_\_\_\_\_ Vanilla  
\_\_\_\_\_ Chocolate  
\_\_\_\_\_ Strawberry  
\_\_\_\_\_ Butter Pecan

## ENSURE Pudding (4 pack) \$5.00

\_\_\_\_\_ Vanilla  
\_\_\_\_\_ Chocolate  
\_\_\_\_\_ Butterscotch

## ENSURE Plus (24 pack) \$28.00

\_\_\_\_\_ Vanilla  
\_\_\_\_\_ Chocolate  
\_\_\_\_\_ Strawberry  
\_\_\_\_\_ Butter Pecan

## GLUCERNA (24 pack) \$38.00

\_\_\_\_\_ Chocolate  
\_\_\_\_\_ Strawberry

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