



Meals on Wheels Halal Menu

Dated 4/2020

O = Low Saturated Fat (<10% of Calories from Saturated Fat) and Low Cholesterol (<100 mg/meal)			
↓ = Low Sodium (<767 mg Sodium per meal)			
Note: Meals are delivered frozen, and must be heated in a microwave or conventional oven.			
777	O ↓	Fish Burger, Rice, Vegetables	777
890	O	Chicken Patty w/Rice, Red Beans, Vegetables (peas, corn, carrots, green beans)	890
892	O ↓	Ground Beef and Vegetables w/Rice, Green Beans	892
894	O ↓	Spaghetti w/Meat Sauce, Corn	894
895	O	Creamy Turkey Casserole w/Noodles, Vegetables	895
896	↓	Chili Macaroni w/Beef, Green Beans	896
897	↓	Biscuit & Gravy (Creamed Beef Gravy), Potatoes O'Brian	897
Rolls: # _____ Milk: # _____ Total Meals: # _____			
Number of meals X \$5 per meal suggested donation (\$7 Meal Charge if Private Pay) = _____			

Nutritional Information

Item #	Item Name	Allergens	Cals	Carb	Pro	Fat	SatFat	Chol	Fiber	Sugar	Vit A	Vit C	Calc	Pot	Sod	Phos	Magn	Iron
			(kcal)	(g)	(g)	(g)	(g)	(mg)	(g)	(g)	(mcg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)
777	Fish Burger	Fish	380	61	23	3	1	45	6	4	428	4	38	210	450	48	8	3
890	Chicken Patty	Egg, Milk, Soy, Wheat	530	71	26	14	4	40	10	5	428	6	83	340	790	38	6	4
892	Ground Beef and Veg	Soy	410	63	17	9	4	30	6	5	482	13	168	450	560	149	38	4
894	Spaghetti w/Meat Sauce	Soy, Wheat	560	77	26	16	5	40	7	11	175	19	247	980	340	132	46	6
895	Turkey Casserole	Milk, Wheat	570	81	25	15	5	25	6	14	444	7	167	420	990	120	5	4
896	Chili Macaroni w/Beef	Milk, Soy, Wheat	610	54	30	31	14	70	5	9	308	25	234	570	500	238	69	6
897	Biscuit & Gravy	Milk, Soy, Wheat	680	67	24	35	14	35	6	11	63	10	295	510	700	323	58	3

Halal Product Certificate available upon request.

