# Meals on Wheels
## Menu

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

Please use the meal number when placing your order.

| # 4  | Macaroni & Cheese, with a side of broccoli, and apple crisp | O ↓ V |
| # 5  | Chicken Casserole, with pasta, a side of peas, and tropical fruit | O ↓ |
| # 7  | Roast Turkey, with gravy, dressing, mashed potatoes, and a vegetable blend | O |
| # 8  | Beef Lasagna, with green beans, and mandarin oranges | O ↓ |
| # 9  | Salisbury Steak, (beef & chicken), with mushroom gravy, mashed potatoes, & carrots | O ↓ |
| # 12 | Meatloaf, (beef), w/gravy, rosemary garlic roasted potatoes, & Scandinavian vegetables | O ↓ |
| # 13 | Braised Beef Tips, with brown gravy, fiesta rice with bell peppers, and spinach | ↓ |
| # 14 | Spaghetti w/Meatballs, (pork & beef), green beans, fruit cocktail & mandarin oranges | ↓ |
| # 16 | Swedish Meatballs, (pork & beef), with brown gravy, rotelle pasta, broccoli, and carrots | ↓ |
| # 19 | Baked Fish, (pollock), with stewed tomatoes, rosemary garlic red potatoes, & spinach | O ↓ |
| # 20 | Breaded Chicken, with gravy, mashed potatoes, and carrots | O ↓ |
| # 21 | Chicken Stir Fry, w/noodles, vegetables & water chestnuts, sides of carrots, & spinach | O ↓ |
| # 23 | Lemon Pepper Fish, (pollock), with rice, peas and carrots, and lemon pudding | ↓ |
| # 26 | Chicken Pot Pie, with a buttermilk biscuit, a side of peas, and peach crisp | O ↓ |
| # 28 | Sweet and Sour Meatballs, (pork & beef), with rice, broccoli, vegetables, & apple crisp | O V |
| # 31 | Cheese Enchilada, with corn tortillas, rice, black beans, and mixed vegetables | O V |
| # 33 | Chik'n Fajita, plant-based chik'n & cheese, tortilla, fiesta veggies & beans, & applesauce | O ↓ V+ |
| # 34 | Sweet and Sour Chik'n, plant-based chik'n, rice, vegetable blend, & mandarin oranges | O ↓ V+ |
| # 35 | Chili Macaroni, with plant-based cheese, a side of broccoli, and fruit cocktail | ↓ V+ |
| # 36 | Pasta Marinara, with plant-based meatballs and cheese, green beans, & fruit cocktail | O ↓ V+ |
| # 37 | Chickpea Tomato Curry, with lentil penne pasta, a vegetable blend, and fruit cocktail | O ↓ V+ |
| # 38 | Veggie Stir Fry, with plant-based chik'n, rice, a side of baked beans, and broccoli | O V+ |

With lunches/dinners would you like… Whole Grain Dinner Rolls? Sides of Rice? Dry Milk Packets?

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

| # 1b  | Cheese Omelet, with pancakes, and pears | ↓ V |
| # 3b  | French Toast, with scrambled eggs, and peaches | ↓ V |
| # 4b  | Breakfast Burrito, with egg, cheese, and pork sausage, hashbrown, and fruit cocktail | ↓ |
| # 5b  | Biscuit & Gravy, with pork sausage crumbles, scrambled eggs, and peaches | ↓ |
| # 6b  | Huevos Rancheros, w/plant-based egg/cheese/tortilla,rice,beans,veggies,& tropical fruit | O ↓ V+ |
| # 7b  | Breakfast Sandwich, with plant-based egg/sausage/cheese, potatoes, & fruit cocktail | O V+ |

With your breakfast(s) would you like… Dry Milk Packets?

The suggested donation is $6 per meal. Please see the back of the menu for ways to contribute. There is an $8.50 per meal charge for private pay participants.
Liquid Supplement Options

ENSURE (24 pack) $31.00
Vanilla
Chocolate
Strawberry
Butter Pecan

ENSURE Plus (24 pack) $32.00
Vanilla
Chocolate
Strawberry
Butter Pecan

GLUCERNA (24 pack) $42.00
Chocolate
Strawberry

Please note:

• Ensure and Glucerna, as well as meals for private pay participants, must be paid for at the time of order. We accept credit, debit, and EBT.

• Donations may be made with credit, debit, or EBT at the time of order or cash or check at delivery.
  • You may also mail donations to Sound Generations Meals on Wheels, 2208 2nd Ave Ste 100, Seattle, WA, 98121 or contribute online at soundgenerations.org.

• Drivers do not accept gratuity. Any money given to the driver will go directly to the program.

• We are not permitted to leave frozen meals unattended; someone will need to accept the delivery.

• The minimum order is 7 meals unless ordering $15 in mobile market or supplement products.

• No refunds, returns, or exchanges.

• Complete nutrition information is available; just ask when you place your order or go to our website; soundgenerations.org.
  • A Registered Dietitian is also available for questions on meal allergens, menu recommendations, and more.

• Please keep this menu for reference. Orders are typically placed by phone.