



Meals on Wheels Menu

Menu as of
3/2023

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 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			
# 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			
# 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.