



Meals on Wheels Menu

Menu as of
2/2022

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.

3	O	↓	V+	Curried Lentil Stew, Spinach, Pears	3	
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	
11	O			Country Fried Steak, Gravy, Mashed Potatoes, Peas	11	
12		↓		Meatloaf, Gravy, Roasted Red Potatoes, Scandinavian Vegetables	12	
13				Braised Beef Tips w/Gravy, Fiesta Rice, Spinach	13	
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	↓		Breaded Chicken w/Gravy, Mashed Potatoes, Carrots	20	
21	O			Chicken Stir Fry, Carrots, Spinach	21	
23	O	↓		Lemon Pepper Fish, Rice w/Peas & Carrots, Lemon Pudding	23	
26	O	↓		Chicken Pot Pie, Peas, Peach Crisp	26	
30	O	↓		Chicken Fried Rice, Broccoli, Tropical Fruit	30	
31	O		V	Cheese Enchilada, Rice, Black Beans, Mixed Vegetables	31	
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	
610	O		V+	Burrito (Rice and Bean), Chunk Roasted Potatoes, Corn	610	
620	O	↓	V+	Vegetable Stew, Cajun Style Black Beans	620	
789	O	↓	V+	Burger w/Coconut Curry Rice, Peas	789	

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	
619	O	↓	V+	Southwest Hash, Apple Oatmeal	619	
1B		↓	V	Cheese Omelet, Pancakes, Pears	1B	
2B				Egg Sandwich w/Sausage & Cheese, Broccoli, Applesauce w/Cinnamon	2B	
3B		↓	V	French Toast, Scrambled Eggs, Peaches	3B	
5B				Biscuit & Gravy (Pork Sausage Crumbles), Scrambled Eggs, Peaches	5B	

Milk: # _____ **Total Breakfasts** _____

Total # of Meals Ordered _____ **X \$6 per meal (Suggested Donation) =** _____
 *\$8.50 per meal charge if Private Pay

***Nutrition and Allergen Information Available Upon Request.**

Liquid Supplement Order Form

ENSURE (24 pack) \$29.00

_____ Vanilla
_____ Chocolate
_____ Strawberry
_____ Butter Pecan

ENSURE Pudding (4 pack) \$5.00

_____ Vanilla
_____ Chocolate

ENSURE Plus (24 pack) \$30.00

_____ Vanilla
_____ Chocolate
_____ Strawberry
_____ Butter Pecan

GLUCERNA (24 pack) \$40.00

_____ Chocolate
_____ Strawberry