



# Meals on Wheels Menu

Menu as of  
04/2020

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

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
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 \$5 per meal (Suggested Donation) =** \_\_\_\_\_  
 \*\$7 per meal charge if Private Pay

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

# Liquid Supplement Order Form

## ENSURE (24 pack) \$27.00

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

## ENSURE Pudding (4 pack) \$5.00

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

## ENSURE Plus (24 pack) \$28.00

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

## GLUCERNA (24 pack) \$38.00

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