



# Meals on Wheels Nutritional Information

Updated 10/2023

	Item Name and Allergens	Cals	Carb	Pro	Fat	Sat Fat	Chol	Fiber	Sug	Sug (Add)	Vit A	Vit B12	Vit C	Vit D	Vit K	Calc	Pot	Sod	Phos	Magn	Iron
#	DINNERS/LUNCHES	kcal	g	g	g	g	mg	g	g	g	mcg	mcg	mg	IU	mcg	mg	mg	mg	mg	mg	mg
4	<b>Macaroni and Cheese</b> Egg, Milk, Soy, Wheat	310	62	10	4	1	5	4	23	11	63	0	60	0	85	169	520	440	170	67	4
5	<b>Chicken Casserole</b> Egg, Milk, Soy, Wheat	300	47	20	4	2	35	7	24	0	265	0	40	0	33	51	600	320	219	66	3
7	<b>Roast Turkey</b> Milk, Soy, Wheat	300	43	19	5	2	15	4	5	0	195	0	43	0	21	86	740	1050	256	58	3
8	<b>Beef Lasagna</b> Milk, Soy, Wheat	270	44	15	5	3	15	4	20	2	75	1	84	3	36	212	850	580	96	64	2
9	<b>Salisbury Steak</b> Milk, Soy, Wheat	330	31	15	15	4	35	5	6	0	606	0	28	1	15	73	440	710	77	28	2
12	<b>Meatloaf</b> Soy, Wheat	420	37	19	22	8	45	6	6	0	150	2	9	7	0	78	850	1140	155	19	3
13	<b>Braised Beef Tips</b> Soy, Wheat	320	21	29	13	6	65	3	1	0	468	2	6	0	290	136	730	800	254	88	4
14	<b>Spaghetti w/Meatballs</b> Milk, Soy, Wheat, Egg	410	53	17	16	6	35	6	21	1	118	1	41	0	38	126	880	560	226	76	4
16	<b>Swedish Meatballs</b> Soy, Wheat, Milk	360	38	17	18	6	35	8	7	0	675	1	62	0	99	138	660	610	229	56	3
19	<b>Baked Fish</b> Fish	260	27	30	4	0	90	5	2	0	476	4	11	0	291	188	1240	610	331	151	3
20	<b>Breaded Chicken</b> Egg, Milk, Soy, Wheat	320	37	15	12	3	35	4	5	0	609	0	28	10	15	82	670	740	264	50	1
21	<b>Chicken Stir Fry</b> Soy, Wheat, Sesame	240	32	22	4	1	40	7	12	0	1251	0	14	0	402	188	810	570	180	103	4
23	<b>Lemon Pepper Fish</b> Egg, Fish, Milk, Wheat, Tree Nuts, Soy, Sesame	410	50	13	18	5	50	1	17	0	74	2	2	8	5	31	230	570	327	26	2
26	<b>Chicken Pot Pie</b> Milk, Soy, Wheat	430	69	25	8	3	40	7	30	11	239	0	24	0	37	76	630	620	397	83	4
28	<b>Sweet and Sour Meatballs</b> Milk, Soy, Wheat	490	73	15	17	6	35	5	36	27	80	1	38	0	42	108	540	780	204	59	4
31	<b>Cheese Enchilada</b> Milk	490	79	18	11	5	15	8	6	0	234	0	10	2	22	258	750	1040	420	72	4
33	<b>Chik'n Fajita</b> Soy, Tree Nuts	320	49	16	9	3	0	9	16	0	20	0	7	0	1	118	800	550	58	14	4
34	<b>Sweet and Sour Chik'n</b> Soy, Wheat	330	67	17	3	0	0	6	35	17	123	0	51	0	42	153	790	630	69	32	5

	Item Name and Allergens	Cals	Carb	Pro	Fat	Sat Fat	Chol	Fiber	Sugar	Sug (Add)	Vit A	Vit B12	Vit C	Vit D	Vit K	Calc	Pot	Sod	Phos	Magn	Iron
#	DINNERS/LUNCHESES (contd.)	kcal	g	g	g	g	mg	g	g	g	mcg	mcg	mg	IU	mcg	mg	mg	mg	mg	mg	mg
35	<b>Chili Macaroni</b> Wheat, Tree Nuts	360	62	14	8	5	0	10	20	0	107	0	67	0	89	121	950	550	240	85	4
36	<b>Pasta Marinara</b> Soy, Wheat, Tree Nuts	460	62	25	14	4	0	10	22	3	100	0	39	0	38	145	1020	760	113	62	6
37	<b>Chickpea Tomato Curry</b> No allergens	390	78	18	2	0	0	12	24	0	273	0	26	0	39	103	1110	570	175	46	6
38	<b>Veggie Stir Fry</b> Soy, Wheat	350	63	20	2	0	0	12	16	12	88	0	72	0	97	178	960	1010	105	36	5
#	BREAKFASTS	kcal	g	g	g	g	mg	g	g	g	mcg	mcg	mg	IU	mcg	mg	mg	mg	mg	mg	mg
1b	<b>Cheese Omelet</b> Egg, Milk, Soy, Wheat	380	31	17	20	9	280	3	16	0	512	2	2	65	1	290	310	620	344	29	2
3b	<b>French Toast</b> Egg, Milk, Soy, Wheat	240	35	11	7	2	190	3	17	0	131	1	4	37	2	73	310	410	200	25	3
4b	<b>Breakfast Burrito</b> Egg, Milk, Soy, Wheat	450	51	13	23	8	95	2	13	0	119	1	15	3	8	180	450	780	314	43	3
5b	<b>Biscuit and Gravy</b> Egg, Milk, Wheat, Tree Nuts	400	55	11	16	5	175	2	15	0	98	1	4	41	5	76	400	1130	390	29	3
6b	<b>Huevos Rancheros</b> Tree Nuts	420	64	15	11	3	0	8	23	1	158	0	32	0	1	126	630	760	171	62	3
7b	<b>Breakfast Sandwich</b> Soy, Tree Nuts, Wheat, Sesame, Pea Protein*	650	82	26	23	4	0	6	22	1	15	0	10	0	0	109	930	1600	76	19	6

Analysis is for frozen meal only - Does not include roll, rice, or milk.

\* Pea protein may not be suitable for people with a peanut allergy.

Item	SIDES	Cals	Carb	Pro	Fat	Sat Fat	Chol	Fiber	Sugar	Sugar (Add)	Vit A	Vit B12	Vit C	Vit D	Vit K	Calc	Pot	Sod	Phos	Magn	Iron
***	<b>Whole Grain Roll</b> Wheat	160	30	6	2	0	0	3	4	3	0	0	0	0	0	65	96	290	8	1	1
800	<b>Rice</b> No allergens	100	23	2	0	0	0	1	0	0	0	0	0	0	0	10	35	0	33	8	1
821	<b>Milk</b> Milk	80	12	8	0	0	4	0	12	0	162	0	1	200	0	287	389	125	225	0	0

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