



Meals on Wheels Nutritional Information

Current with
menu dated
12/2020

| Item # | Item Name | Allergens | Cals kcal | Carb g | Pro g | Fat g | SatFat g | Chol mg | Fiber g | Sugar g | Vit A mcg | Vit C mg | Calc mg | Pot mg | Sod mg | Phos mg | Magn mg | Iron mg |
|--------------------------|---------------------------------|------------------------|-----------|--------|-------|-------|----------|---------|---------|---------|-----------|----------|---------|--------|--------|---------|---------|---------|
| DINNERS/LUNCHESES | | | | | | | | | | | | | | | | | | |
| 3 | Curried Lentil Stew | Wheat | 270 | 56 | 13 | 2 | 0 | 0 | 11 | 23 | 851 | 27 | 180 | 890 | 170 | 176 | 116 | 5 |
| 4 | Macaroni and Cheese | Egg, Milk, Soy, Wheat | 310 | 62 | 11 | 4 | 2 | 5 | 8 | 23 | 58 | 60 | 168 | 490 | 420 | 142 | 66 | 4 |
| 5 | Chicken Casserole | Egg, Milk, Soy, Wheat | 300 | 48 | 16 | 5 | 2 | 25 | 8 | 24 | 235 | 40 | 33 | 390 | 360 | 104 | 51 | 3 |
| 7 | Roast Turkey | Milk, Soy, Wheat | 310 | 46 | 19 | 5 | 1 | 15 | 4 | 6 | 319 | 25 | 69 | 240 | 1030 | 23 | 25 | 2 |
| 9 | Salisbury Steak | Egg, Milk, Soy, Wheat | 380 | 30 | 19 | 20 | 7 | 50 | 6 | 6 | 619 | 30 | 93 | 720 | 660 | 28 | 56 | 3 |
| 11 | Country Fried Steak | Milk, Soy, Wheat | 380 | 60 | 16 | 8 | 3 | 20 | 6 | 6 | 92 | 41 | 142 | 540 | 990 | 73 | 41 | 4 |
| 12 | Meatloaf | Soy, Wheat | 340 | 34 | 19 | 14 | 5 | 25 | 7 | 5 | 150 | 9 | 104 | 820 | 720 | 250 | 3 | 3 |
| 13 | Braised Beef Tips | Soy, Wheat | 320 | 21 | 29 | 13 | 6 | 65 | 3 | 1 | 468 | 6 | 134 | 720 | 800 | 61 | 67 | 4 |
| 14 | Spaghetti w/Meatballs | Milk, Soy, Wheat | 380 | 51 | 20 | 12 | 5 | 35 | 7 | 21 | 104 | 40 | 125 | 910 | 410 | 89 | 72 | 5 |
| 16 | Swedish Meatballs | Soy, Wheat | 320 | 35 | 19 | 12 | 5 | 35 | 8 | 7 | 660 | 62 | 137 | 670 | 430 | 111 | 56 | 3 |
| 19 | Baked Fish | Fish | 210 | 21 | 29 | 2 | 0 | 90 | 5 | 2 | 476 | 8 | 188 | 850 | 250 | 324 | 149 | 3 |
| 20 | Breaded Chicken w/Gravy | Egg, Milk, Soy, Wheat | 320 | 37 | 15 | 12 | 3 | 35 | 4 | 5 | 606 | 27 | 53 | 410 | 740 | 28 | 12 | 1 |
| 21 | Chicken Stir Fry | Wheat, Soy | 310 | 44 | 27 | 5 | 1 | 50 | 8 | 17 | 1216 | 8 | 217 | 620 | 1350 | 186 | 102 | 3 |
| 23 | Lemon Pepper Fish | Egg, Fish, Milk, Wheat | 410 | 50 | 13 | 18 | 5 | 50 | 1 | 17 | 71 | 2 | 16 | 70 | 570 | 43 | 170 | 2 |
| 26 | Chicken Pot Pie | Milk, Soy, Wheat | 430 | 69 | 20 | 9 | 3 | 35 | 8 | 30 | 230 | 24 | 72 | 480 | 670 | 278 | 69 | 4 |
| 30 | Chicken Fried Rice | Egg, Soy, Wheat | 300 | 55 | 14 | 3 | 1 | 20 | 6 | 20 | 54 | 80 | 75 | 440 | 310 | 162 | 50 | 3 |
| 31 | Cheese Enchilada | Milk | 510 | 82 | 18 | 11 | 5 | 15 | 11 | 8 | 362 | 1 | 255 | 280 | 1020 | 72 | 53 | 3 |
| 600 | Chili | Soy | 420 | 83 | 18 | 1 | 0 | 0 | 13 | 9 | 795 | 17 | 108 | 820 | 580 | 198 | 64 | 5 |
| 602 | Chili Macaroni | Soy, Wheat | 400 | 73 | 19 | 5 | 0 | 0 | 12 | 9 | 473 | 24 | 141 | 870 | 520 | 272 | 103 | 5 |
| 604 | Sloppy Joe | Soy | 490 | 75 | 21 | 15 | 2 | 0 | 13 | 30 | 692 | 48 | 159 | 1870 | 1420 | 254 | 110 | 6 |
| 610 | Burrito | Soy, Wheat | 610 | 104 | 18 | 14 | 3 | 0 | 15 | 6 | 41 | 1 | 99 | 690 | 780 | 8 | 46 | 5 |
| 620 | Vegetable Stew | Soy | 420 | 77 | 22 | 8 | 1 | 0 | 22 | 10 | 557 | 31 | 263 | 1400 | 630 | 59 | 105 | 7 |
| 789 | Burger w/Coconut Curry Rice | Soy, Tree Nuts, Wheat | 500 | 76 | 22 | 14 | 4 | 0 | 14 | 10 | 439 | 10 | 141 | 840 | 750 | 288 | 87 | 7 |
| BREAKFASTS | | | | | | | | | | | | | | | | | | |
| 616 | Zucchini Scramble | Soy | 540 | 72 | 23 | 23 | 2 | 0 | 19 | 11 | 557 | 59 | 260 | 1580 | 660 | 109 | 114 | 6 |
| 619 | Southwest Hash | Soy | 380 | 55 | 14 | 12 | 1 | 0 | 9 | 13 | 313 | 72 | 367 | 265 | 650 | 115 | 7 | 3 |
| 1B | Cheese Omelet | Egg, Milk, Soy, Wheat | 380 | 32 | 17 | 20 | 9 | 280 | 3 | 17 | 508 | 2 | 290 | 290 | 620 | 144.6 | 22 | 1 |
| 2B | Egg Sandwich w/Sausage & Cheese | Egg, Milk, Soy, Wheat | 410 | 46 | 21 | 16 | 6 | 165 | 5 | 14 | 199 | 60 | 210 | 500 | 940 | 58 | 45 | 4 |
| 3B | French Toast | Egg, Milk, Soy, Wheat | 250 | 36 | 11 | 8 | 3 | 230 | 3 | 17 | 24 | 4 | 67 | 230 | 430 | 21 | 25 | 2 |
| 5B | Biscuit and Gravy | Egg, Milk, Wheat | 400 | 54 | 12 | 15 | 5 | 215 | 2 | 15 | 24 | 4 | 58 | 360 | 1090 | 265 | 26 | 3 |

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

| Item | SIDES | Allergens | Cals | Carb | Pro | Fat | SatFat | Chol | Fiber | Sugar | Vit A | Vit C | Calc | Pot | Sod | Phos | Magn | Iron |
|------|------------------------|-----------------------|------|------|-----|-----|--------|------|-------|-------|-------|-------|------|-----|-----|------|------|------|
| *** | White Whole Grain Roll | Egg, Milk, Soy, Wheat | 140 | 26 | 5 | 2 | 1 | 5 | 2 | 5 | 0 | 7 | 52 | 170 | 200 | 92 | 38 | 1 |
| 800 | Rice | None | 150 | 33 | 3 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | 9 | 10 | 0 | 37 | 6 | 1 |
| 821 | Milk | Milk | 82 | 12 | 8 | 0 | 0 | 4 | 0 | 12 | 162 | 1 | 287 | 389 | 125 | 225 | 0 | 0 |

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