



Meals on Wheels Nutritional Information

Updated
12/2021

Item #	Item Name	Allergens	Cals	Carb	Pro	Fat	SatFat	Chol	Fiber	Sugar	Vit A	Vit C	Calc	Pot	Sod	Phos	Magn	Iron
	DINNERS/LUNCHESES		kcal	g	g	g	g	mg	g	g	mcg	mg	mg	mg	mg	mg	mg	mg
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	440	93	20	2	0	0	14	10	135	41	130	730	640	0	34	6
602	Chili Macaroni	Soy, Wheat	400	76	20	5	1	0	16	7	135	36	195	910	530	125	63	6
604	Sloppy Joe	Soy	480	74	22	13	3	0	14	29	135	63	195	1310	1390	0	8	5
610	Burrito	Soy, Wheat	680	119	18	14	2	0	12	11	18	2	130	420	630	0	42	4
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	520	79	22	14	4	0	13	10	270	9	130	420	720	125	42	7
#	BREAKFASTS		kcal	g	g	g	g	mg	g	g	mcg	mg	mg	mg	mg	mg	mg	mg
616	Zucchini Scramble	Soy	550	73	23	23	2	0	19	10	270	81	325	1240	600	0	84	7
619	Southwest Hash	Soy	390	59	15	13	2	0	10	12	180	36	520	430	500	125	63	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
***	Whole Grain Roll	Egg, Milk, Soy, Wheat	130	26	7	1	0	0	4	2	0	13	0	10	340	8	1	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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