Meals on Wheels Menu

Menu as of 02/2026

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 (contains dairy and/or eggs) V+ = Vegan (no animal derived ingredients)

Lunches/Dinners: Each lunch/dinner includes an optional roll or side of rice, and milk.

Please use the meal number when placing your order.

# 1	**Verde Chicken,** with mild green enchilada sauce, fiesta vegetables, & Spanish rice	**O**	**↓**	
# 4	**Macaroni & Cheese,** with a side of broccoli, and apple crisp	**O**	**↓**	**V**
# 7	**Roast Turkey,** with gravy, dressing, mashed potatoes, and a vegetable blend	**O**		
# 8	**Beef Lasagna,** with green beans, and mandarin oranges			
# 9	**Salisbury Steak,** (beef & chicken), with mushroom gravy, mashed potatoes, & carrots		**↓**	
# 12	**Meatloaf,** (beef), w/gravy, rosemary garlic roasted potatoes, & Scandinavian vegetables		**↓**	
# 13	**Braised Beef Tips,** with brown gravy, fiesta rice with bell peppers, and spinach	**O**	**↓**	
# 14	**Spaghetti w/Meatballs,** (pork & beef), green beans, fruit cocktail & mandarin oranges		**↓**	
# 16	**Swedish Meatballs,** (pork & beef), with brown gravy, rotelle pasta, broccoli, and carrots		**↓**	
# 19	**Baked Fish,** (pollock), with stewed tomatoes, rosemary garlic red potatoes, & spinach	**O**	**↓**	
# 20	**Breaded Chicken,** with gravy, mashed potatoes, and carrots	**O**	**↓**	
# 21	**Chicken Stir Fry,** w/noodles, vegetables & water chestnuts, sides of carrots, & spinach	**O**	**↓**	
# 23	**Lemon Pepper Fish,** (pollock), with rice, peas and carrots, and lemon pudding	**O**	**↓**	
# 26	**Chicken Pot Pie,** with a buttermilk biscuit, a side of peas, and peach crisp	**O**	**↓**	
# 31	**Cheese Enchilada,** with corn tortillas, rice, black beans, and mixed vegetables			**V**
# 33	**Chik'n Fajita,** plant-based chik'n & cheese, tortilla, fiesta veggies & beans, & applesauce	**O**	**↓**	**V+**
# 34	**Sweet and Sour Chik'n,** plant-based chik'n, rice, vegetable blend, & mandarin oranges	**O**	**↓**	**V+**
# 35	**Chili Macaroni,** with plant-based cheese, a side of broccoli, and fruit cocktail	**O**	**↓**	**V+**
# 36	**Pasta Marinara,** with plant-based meatballs and cheese, green beans, & fruit cocktail	**O**	**↓**	**V+**
# 39	**Chana Masala,** chickpea curry with rice, and a side of spinach, and peaches	**O**	**↓**	**V+**
# 40	**BBQ Pork,** (shredded pork) with root vegetables, collard greens, and peaches	**O**	**↓**	
# 42	**Jambalaya,** (chicken, pork sausage, ham) with rice, sweet potatoes, and collard greens	**O**	**↓**	

With lunches/dinners would you like… Whole Grain Dinner Rolls? Sides of Rice? Dry Milk Packets?

Breakfasts: Each breakfast meal includes an optional dry milk packet.

# 1b	**Cheese Omelet,** with pancakes, and pears		**↓**	**V**
# 2b	**Turkey Sausage Sandwich,** with egg & cheese, and a side of broccoli, & applesauce			
# 3b	**French Toast,** with scrambled eggs, and peaches		**↓**	**V**
# 4b	**Breakfast Burrito**, with egg, cheese, & pork sausage, a hashbrown patty, & fruit cocktail			
# 5b	**Biscuit & Gravy,** with pork sausage crumbles**,** scrambled eggs, and peaches			
# 6b	**Huevos Rancheros,** w/plant-based egg/cheese,tortilla,rice,beans,veggies,& tropical fruit	**O**	**↓**	**V+**

With your breakfast(s) would you like… Dry Milk Packets?

The suggested donation is $6.50 per meal. Please see the back of the menu for ways to contribute.

Liquid Supplement Options

ENSURE (24 pack) $33

Vanilla

Chocolate

ENSURE Plus (24 pack) $34

Vanilla

Chocolate

GLUCERNA (24 pack) $44

Chocolate

Strawberry

Please note:

- Payments for items like Ensure and Glucerna must be made at the time the order is placed. We accept credit, debit, and EBT.
- Donations may be made with credit, debit, or EBT at the time of order.
  - You may also mail donations to Sound Generations Meals on Wheels, 2208 2nd Ave Ste 100, Seattle, WA, 98121 or contribute online at soundgenerations.org and select Meals on Wheels.
- Delivery drivers do not accept gratuity, donations, or payments of any kind.
- We are not permitted to leave frozen meals unattended; someone will need to accept the delivery.
- The minimum order is 7 meals unless ordering $25 in supplement products.
- No refunds, returns, or exchanges.
- Complete nutrition information is available; just ask when you place your order or go to our website; soundgenerations.org.
  - A Registered Dietitian is also available for questions on meal allergens, menu recommendations, and more.
- Please keep this menu for reference. Orders are typically placed by phone.

Scan the QR Code to Donate Now ➡

1. Open your smartphone's camera.
2. Aim the camera at the QR code.
3. Click to be taken to our secure website to make your donation.

Thank you!