



Meals on Wheels Halal Menu

Dated
12/2021

O = Low Saturated Fat (<10% of Calories from Saturated Fat) and Low Cholesterol (<100 mg/meal)			
↓ = Low Sodium (<767 mg Sodium per meal)			
Note: Meals are delivered frozen, and must be heated in a microwave or conventional oven.			
176	O	↓	Crunchy Cornmeal Pollock , Rice, Vegetables (peas, corn, carrots, green beans) 176
726	O	↓	Creamy Tuna Casserole w/Noodles and Vegetables (peas, corn, carrots, green beans) 726
890	O		Chicken Patty w/Rice, Red Beans, Vegetables (peas, corn, carrots, green beans) 890
892	O	↓	Ground Beef and Vegetables w/Rice, Green Beans 892
894	O	↓	Spaghetti w/Meat Sauce , Corn 894
896	O	↓	Chili Macaroni w/Beef , Green Beans 896
897		↓	Biscuit & Gravy (Creamed Beef Gravy), Potatoes O'Brien 897
Rolls: # _____ Milk: # _____ Total Meals: # _____			
Number of meals X \$6 per meal suggested donation (\$8.50 Meal Charge if Private Pay) = _____			

Nutritional Information

Item #	Item Name	Allergens																
			Cals	Carb	Pro	Fat	SatFat	Chol	Fiber	Sugar	Vit A	Vit C	Calc	Pot	Sod	Phos	Magn	Iron
			(kcal)	(g)	(g)	(g)	(g)	(mg)	(g)	(g)	(mcg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)	(mg)
176	Crunchy Cornmeal Pollock	Fish, Soy, Wheat	480	76	22	9	1	45	4	5	0	0	26	360	390	0	0	3
726	Creamy Tuna Casserole	Fish, Milk, Wheat	490	66	33	9	3	50	5	13	18	4	195	210	600	125	8	3
890	Chicken Patty	Egg, Milk, Soy, Wheat	530	77	26	15	4	40	11	7	0	4	104	390	820	0	42	4
892	Ground Beef and Veg	Soy	410	63	16	10	4	30	5	3	18	2	195	260	560	75	8	4
894	Spaghetti w/Meat Sauce	Soy, Wheat	600	88	26	15	5	35	7	18	135	45	260	650	460	250	42	5
896	Chili Macaroni w/Beef	Milk, Soy, Wheat	560	79	26	16	5	30	12	7	135	23	325	760	300	250	84	6
897	Biscuit & Gravy	Milk, Soy, Wheat	680	67	25	35	14	40	6	10	36	14	390	360	710	250	17	4

Halal Product Certificate available upon request.