

WEEKLY FROZEN MEAL ORDER FORM

NAME : _____

ADDRESS: _____ APT# _____ PHONE NUMBER: _____

BEVERAGE CHOICE 1% / SKIM / WATER YES / NO BREAD CHOICE YES / NO DELIVERY DAY M T W TH F

EACH	MEAL	CODE					ENTRÉE
<u>VEGETARIAN OPTIONS</u>							
	1	S	◆			♥	Vegetable Lasagna, Harvard Beets, Blueberry Cobbler, Whole Grain Roll
	2		◆	★	♣		Spinach & Pepper Quiche, Vegetarian Sausage, Cinnamon Apples, Whole Grain Roll
	4	S			♣	♥	Macaroni & Cheese, Sauteed Spinach, Oatmeal Cake Bake, Whole Grain Roll
<u>ASIAN INSPIRED OPTIONS</u>							
	10		◆			♥	Sweet & Sour Pork, Rice, Stir Fried Cabbage, Pineapple Cake, Whole Grain Roll
	12		◆		♣	♥	Sesame Chicken, White Rice, Wax Beans & Peppers, Pineapple Cake, Whole Grain Roll
<u>LATIN INSPIRED OPTIONS</u>							
	23		◆		♣	♥	Chicken Cacciatore, Sauteed Spinach, Rice Pudding, Whole Grain Roll
	26	☺	◆				Beef Enchilada Bake, Cilantro Rice, Apple Cobbler, Whole Grain Roll
	27	☺	◆		♣		Dirty Rice w/ Pork & Beef, Black Eyed Peas, Cherry Cobbler, Whole Grain Roll
<u>SOUTHERN FOODS OPTIONS</u>							
	30		◆				Country Fried Chicken, Mashed Potatoes, Corn, Peach Cobbler, Cornbread Muffin
	31	☺	◆	★	♣	♥	Blackened Tilapia, Sauteed Spinach, Rice Pudding, Cornbread Muffin
	32				♣		Smothered Pork Chop, Collard Greens, Warm Cinnamon Apples, Cornbread Muffin
	33	☺	◆		♣	♥	Beef Chili, Wax Beans & Peppers, Banana Bread Pudding, Cornbread Muffin
<u>ITALIAN CUISINE OPTIONS</u>							
	40	S	◆		♣	♥	Spaghetti w/ Meat Sauce, Green Beans & Carrots, Peach Crisp, Whole Grain Roll
	41					♥	Lasagna w/ Pork Sausage, California Vegetables, Cinnamon Apples, Whole Grain Roll
	43	S				♥	Chicken Parmesan w/ Penne, Brussel Sprouts, Cinnamon Apples, Whole Grain Roll
	49				♣		Vegetable Alfredo, Wax Beans & Peppers, Banana Carmel Cake, Whole Grain Roll
<u>COMFORT FOODS OPTIONS</u>							
	50			★	♣		Herb Roasted Chicken, Brussel Sprouts, Cherry Crisp, Buttermilk Biscuit
	51		◆	★	♣	♥	BBQ Chicken Thigh, Collard Greens, Banana Bread Pudding, Buttermilk Biscuit
	52		◆			♥	Chicken & Rice Casserole, Sauteed Carrots, Cinnamon Apples, Buttermilk Biscuit
	59	S		★	♣		Beef Tips, Potatoes, Green Beans, Carrots, Peaches & Cream, Buttermilk Biscuit
	61						Shepherd's Pie, Cheddar Potatoes, Red Cabbage, Cheesecake, Whole Grain Roll
	62				♣	♥	Meatloaf, Mashed Potatoes, Stewed Tomatoes, Corn Pudding, Buttermilk Biscuit
	63		◆		♣	♥	Tender Pork Roast, Potatoes, Corn, Peas, & Carrots, Rice Pudding, Buttermilk Biscuit
	64		◆		♣	♥	Hungarian Goulash, Sweet & Sour Cabbage, Cinnamon Apples, Buttermilk Biscuit
	65						Chicken Pot Pie, Maple Glazed Carrots, Apple Crumb Cake, Buttermilk Biscuit
	77				♣		Sloppy Joes, Baked Beans w/ Peppers, Chocolate Zucchini Cake, Whole Wheat Bun
	78		◆		♣		BBQ Pulled Pork, Potatoes O'Brien, Warm Carrot Cake, Whole Wheat Bun
<u>BREAKFAST FOODS OPTIONS</u>							
	73				♣		Quiche Lorraine, Potatoes O'Brien, Peach Crisp, Fruit Muffin
	74						French Toast Bake, Rutabaga Hash, Pork Sausage Links, Fruit Muffin
	76				♣		House Made Corned Beef Hash, Scrambled Eggs, Peach Cobbler, Fruit Muffin

- ◆ Lowered Sodium (Less Than 650 Milligrams)
- ♥ Low Fat (Less Than 20% of RDA) & Low Cholesterol (Less Than 100 Milligrams)
- ☺ Spicy Foods
- S Soft Diet Options
- ★ Low Carb (40-60 Milligrams with Bread Item)
- ♣ Low Carb (40-60 Milligrams Without Bread Item)



MEALS ON WHEELS 918 JASPER ST. KALAMAZOO MI. 49001
 PHONE NUMBER:
Kalamazoo Co. 269.382.0515 X 300
Calhoun Co. 269.382.0515 X 350

EFFECTIVE DATE:01/21/2021