

# OPTION MEAL WEEKLY ORDER FORM

NAME : \_\_\_\_\_

ADDRESS: \_\_\_\_\_ APT# \_\_\_\_\_ PHONE NUMBER: \_\_\_\_\_

**MILK CHOICE 1% / SKIM YES / NO BREAD CHOICE YES / NO DELIVERY DAY M T W TH F**

EACH	MEAL #	CODE	ENTRÉE			
<b><u>VEGETARIAN OPTIONS</u></b>						
	1	S	♦	♥	Vegetable Lasagna, Harvard beets, blueberry cobbler, whole grain roll	
	2		♦		Spinach and Pepper Quiche, vegetarian sausage, warm cinnamon apples, whole grain roll	
	4	S		♥	Macaroni and Cheese, sauteed spinach, oatmeal cake bake, whole grain roll	
<b><u>ASIAN INSPIRED OPTIONS</u></b>						
	10		♦	♥	Sweet and Sour Pork, rice, stir fried cabbage, pineapple cake, whole grain roll	
	12		♦	♥	Sesame Chicken, white rice, wax beans and peppers, pineapple cake, whole grain roll	
<b><u>LATIN INSPIRED OPTIONS</u></b>						
	23		♦	♥	Chicken Cacciatore, sauteed spinach, rice pudding, whole grain roll	
	26		☺	♦	Beef Enchilada Bake, cilantro rice, apple cobbler, whole grain roll	
	27		☺	♦	Dirty Rice with Pork and Beef, black eyed peas, cherry cobbler, whole grain roll	
<b><u>SOUTHERN FOODS OPTIONS</u></b>						
	30		♦		Country Fried Chicken, gravy, mashed potatoes, sweet corn, peach cobbler, cornbread muffin	
	31	S	☺	♦	♥	Blackened Tilapia, sauteed spinach, rice pudding, cornbread muffin
	32				Smothered Pork Chop, collard greens, warm cinnamon apples, cornbread muffin	
	33		☺	♦	♥	Beef Chili, wax beans and peppers, banana bread pudding, cornbread muffin
<b><u>ITALIAN CUISINE OPTIONS</u></b>						
	40		♦	♥	Spaghetti with Italian Meat Sauce, green beans and carrots, peach crisp, whole grain roll	
	41			♥	Lasagna with Italian Sausage, california vegetables, warm cinnamon apples, whole grain roll	
	43			♥	Chicken Parmesan, penne marinara, Brussels sprouts, warm cinnamon apples, whole grain roll	
	49				Tuscan Shrimp Pasta, green and wax beans, banana carmel cake, whole grain roll	
<b><u>COMFORT FOODS OPTIONS</u></b>						
	50				Herb Roasted Chicken, Brussels sprouts, cherry crisp, buttermilk biscuit	
	51		♦	♥	Bbq Chicken Thigh, collard greens, banana bread pudding, buttermilk biscuit	
	52	S	♦	♥	Chicken and Rice Casserole, sauteed carrots, warm cinnamon apples, buttermilk biscuit	
	59				Beef Tips, mashed potatoes, green beans, carrots, peaches and cream, buttermilk biscuit	
	61	S	♦	♥	Beef Stroganoff, sauteed spinach, poached pears, buttermilk biscuit	
	62	S		♥	Meatloaf, gravy, mashed potatoes, stewed tomatoes, corn pudding, buttermilk biscuit	
	63		♦	♥	Tender Pork Roast, mashed potatoes, corn, peas and carrot mix, rice pudding, buttermilk biscuit	
	64		♦	♥	Hungarian Goulash, sweet and sour cabbage, warm cinnamon apples, buttermilk biscuit	
	65	S			Chicken Pot Pie, maple glazed carrots, apple crumb cake, buttermilk biscuit	
	77				Sloppy Joes, baked beans with peppers, chocolate zucchini cake, whole wheat bun	
	78		♦		BBQ Pulled Pork, potatoes o'brien, warm carrot cake, whole wheat bun	
<b><u>BREAKFAST FOODS OPTIONS</u></b>						
	73				Quiche Lorraine, potatoes O'Brien, peach crisp, fruit muffin	
	74				Vegetable Frittata, blueberry oatmeal, pork sausage link, fruit muffin	
	76				House Made Corned Beef Hash, scrambled eggs, peach cobbler, fruit muffin	

- ♦ equals lowered sodium ( less than 650 milligrams )
- ♥ equals low fat ( less than 20%) and low cholesterol (Less than 100 milligrams)
- ☺ equals spicy foods
- S equal soft diet options

*SUGGESTED DONATION IS \$3.00 PER MEAL. ANY DONATION MADE IS GREATLY APPRECIATED!*

## Senior Services



MEALS ON WHEELS 918 JASPER ST. KALAMAZOO MI. 49001  
 PHONE NUMBER:  
**Kalamazoo Co.** 269.382.0515 X 300  
**Calhoun Co.** 1.866.200.8877

EFFECTIVE DATE: 4/9/2018  
 REVISED: 3/28/2018