

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			
<u>VEGETARIAN OPTIONS</u>						
	1		♦	♥	Vegetable Lasagna, harvard beets, blueberry cobbler, whole grain roll	
	2		♦		Spinach and Pepper Quiche, turkey bacon, warm cinnamon apples, whole grain roll	
	4			♥	Macaroni and Cheese, sauteed spinach, oatmeal cake bake, whole grain roll	
<u>ASIAN INSPIRED OPTIONS</u>						
	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	
	14			♥	Beef and Broccoli Stir Fry, white rice, far east vegetables, poached pears, 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 with Pork and Beef, black eyed peas, cherry cobbler, whole grain roll	
<u>SOUTHERN FOODS OPTIONS</u>						
	30		♦		Country Fried Chicken, gravy, mashed potatoes, sweet 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		☺	♦	♥	Texas Hot Chili, wax beans and peppers, banana bread pudding, cornbread muffin
<u>ITALIAN CUISINE OPTIONS</u>						
	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, linguine marinara, brussels sprouts, warm cinnamon apples, whole grain roll	
	47		♦		Chicken Florentine Pasta, sauteed carrots, peach crisp, whole grain roll	
	48		♦		Turkey Tetrazzini, green beans and carrots, poached pears, whole grain roll	
<u>COMFORT FOODS OPTIONS</u>						
	50				Herb Roasted Chicken, brussels sprouts, cherry crisp, buttermilk biscuit	
	51		♦	♥	Bbq Chicken Thigh, collard greens, banana bread pudding, buttermilk biscuit	
	52		♦	♥	Chicken and Rice Casserole, sauteed carrots, warm cinnamon apples, buttermilk biscuit	
	60				Beef Stew, stewed tomatoes, escalloped apples, buttermilk biscuit	
	61		♦	♥	Beef Stroganoff, sauteed spinach, warm apple rings, buttermilk biscuit	
	62			♥	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	
	66		♦		Tuna Broccoli Bake, harvard beets, triple berry cobbler, buttermilk biscuit	
<u>BREAKFAST FOODS OPTIONS</u>						
	73				Quiche Lorraine, potatoes o'brien, peach crisp, fruit muffin	
	75				Sausage and Egg Strata, potatoes o'brien, warm cinnamon apples, 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

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: 2/15/16

REVISED: 2/1/2016

**Southwest
Michigan**