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
						VEGETARIAN OPTIONS
	1			♦	♥	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
						ASIAN INSPIRED OPTIONS
	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
						LATIN INSPIRED OPTIONS
	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
						SOUTHERN FOODS OPTIONS
	30	S		♦		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
						ITALIAN CUISINE OPTIONS
	40	S		♦	♥	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	S		♦		Chicken Florentine Pasta, sauteed carrots, peach crisp, whole grain roll
	48	S		♦		Turkey Tetrazzini, green beans and carrots, poached pears, whole grain roll
						COMFORT FOODS OPTIONS
	50	S				Herb Roasted Chicken, brussels sprouts, cherry crisp, buttermilk biscuit
	51	S		♦	♥	Bbq Chicken Thigh, collard greens, banana bread pudding, buttermilk biscuit
	52			♦	♥	Chicken and Rice Casserole, sauteed carrots, warm cinnamon apples, buttermilk biscuit
	60	S				Beef Stew, stewed tomatoes, escalloped apples, buttermilk biscuit
	61	S		♦	♥	Beef Stroganoff, sauteed spinach, warm apple rings, buttermilk biscuit
	62	S			♥	Meatloaf, gravy, mashed potatoes, stewed tomatoes, corn pudding, buttermilk biscuit
	63	S		♦	♥	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
						BREAKFAST FOODS OPTIONS
	73					Quiche Lorraine, potatoes o'brien, peach crisp, fruit muffin
	75	S				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

S equals soft diet option

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

Senior Services
Southwest Michigan

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