

# OPTION MEAL WEEKLY ORDER FORM

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

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

**BEVERAGE CHOICE 1% / SKIM / WATER YES / NO BREAD CHOICE YES / 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	S	♦		☀	♥	Spaghetti with Italian Meat Sauce, green beans and carrots, peach crisp, whole grain roll	
	41	S				♥	Lasagna with Italian Sausage, california vegetables, warm cinnamon apples, whole grain roll	
	43	S				♥	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

★ equals low-carb (40-60gm) with bread item

☀ equals low-carb (40-60gm) without bread item

## Senior Services



Trusted. Dependable. Caring. Since 1963.

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: 3/18/2019

REVISED: 3/13/2019