

Meals on Wheels Client Choice Menu

Menu and Order Form Spring 2018 - Page 1



The Meals on Wheels Client Choice Menu gives you the option to get all the great meals you've come to love, while allowing you to enjoy them at your convenience. These meals are crafted with care at the Meals on Wheels Kitchen of Opportunities and flash-frozen immediately to preserve their freshness until you're ready to reheat and dig in. Pick your favorites and enjoy!

Note: All meals come with fruit or a dessert based on what's fresh and in season

Ⓜ = Gluten-free Ⓜ = Dairy-free

Chicken and Turkey Options	Quantity
Chicken Penne Alfredo with Garlic Green Beans, Bread	
Chicken Parma Rosa with Linguini with Roasted Carrots, Bread	
French Toast with Hashbrowns, Turkey Sausage, Maple Syrup	
Chicken Parmesan with Marinara Sauce with Balsamic Green Beans, Bread	
Roast Turkey Breast with Mashed Potatoes and Gravy, Succotash, Bread	
Ⓜ Chicken Enchilada Bake with Spanish Rice, Creamed Buttered Corn, Bread	
Ⓜ Ⓜ Chicken Taco Bowl with Corn and Bean Salsa, Spanish Rice	

Beef Options	Quantity
Ⓜ Beef Chili with Cauliflower in Cheese Sauce, Bread	
Spaghetti Bolognese with Vegetable Blend, Bread	
Beef Pot Roast with Roasted Vegetables, Mashed Potatoes, Bread	
Tator Tot Hotdish with Green Beans, Bread	
Shepherd's Pie with Mashed Potatoes, Green Beans, Bread	
Sloppy Joe on a Whole Wheat Bun, Mashed Potatoes, Carrots	
Beef Goulash with Macaroni, Garlic Parmesan Green Beans, Bread	

Pork Options	Quantity
Barbecue Pork Sandwich on a Whole Wheat Bun with Cheesy Cauliflower, Peach Crisp	
Ⓜ Ⓜ Sausage and Peppers with Polenta with Rosemary Buttered Zucchini, Bread	
Roasted Pork Loin in Red-wine Mushroom Sauce with Mashed Potatoes, Cauliflower	

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Vegetarian Options		Quantity
GF	Cheesy Egg Bake with Seasonal Vegetables, Bread Pudding	
	Macaroni and Cheese with Steamed Broccoli, Bread	
	Ricotta Dumpling with Spaghetti and Marinara Sauce with Mixed Vegetables	
	Vegetarian Alfredo with Penne Pasta with Mixed Vegetables, Dessert	
GF	Breakfast Hash with Cheesy Eggs, Baked Peaches, Bread	
	Veggie Lo Mein with Mixed Veggies, Soy-Glazed Noodles, Bread	

Fish/Seafood Options		Quantity
GF	Lemon Fish with Rice Pilaf, Mixed Veggies, Bread	
	Clam Linguini in Creamy Clam Sauce with Sweet Peas, Bread	
	Parmesan Fish with Lemon Dill Rice, Peas, Bread	
DF GF	Miso Glazed Fish with Rice Noodles, Mixed Veggies, Bread	

Asian-focused Menu		Quantity
	Chicken Stir Fry with Brown Rice, Apple Crumble, Bread	
DF GF	Chicken Curry with White Rice, Edamame, Bread	
DF	Teriyaki Pork with Brown Rice, Ginger Soy Green Beans, Bread	
DF	Korean Beef Meatballs with Rice Noodles, Cauliflower, Bread	
DF GF	Veggie Lo Mein with Mixed Veggies, Soy-Glazed Noodles, Bread	
DF GF	Miso Glazed Fish with Rice Noodles, Mixed Veggies, Bread	

Customer Name: _____

Total # of meals: _____

Beverage preference (circle one): Skim milk 2% milk Juice