



Kitchen of Opportunities Menu



Fresh & Delicious











meals-on-wheels.com | 612-623-3363



About the Kitchen of Opportunities

- The menu is overseen by a licensed dietitian from Open Arms of Minnesota and they review and approve each recipe.
- Menus are revised and updated 4 times per year to provide a variety of items and seasonal favorites.
- Meals are made from scratch using fresh ingredients whenever possible.
- All Meals on Wheels meals are heart healthy and diabetic friendly.
- The kitchen's menu committee incorporates feedback from recipients as each seasonal menu is planned.

Meals on Wheels is able to accommodate many different medically tailored and special diets.

-  **Gluten-Free**
-  **Diabetic**
-  **Mechanical Soft**
-  **Kosher**
-  **Low Cholesterol**
-  **Vegetarian**
-  **Low Sodium**
-  **Halal**
-  **Renal**
-  **Lactose Free**

About Open Arms of Minnesota

Meals on Wheels Kitchen of Opportunities is run in partnership with Open Arms of Minnesota. Open Arms of Minnesota is a nonprofit that cooks and delivers free, nutritious meals to people living with life-threatening illnesses in the Twin Cities.



Meet Executive Chef, Noah Barton

Noah has over 25 years of experience working in kitchens around the country. Noah is passionate about the nutritional value of whole, fresh foods and the impact that eating well can have on health.



Serving Up Smiles

Est. 2017



Roast Turkey Dinner

Served with gravy and stuffing, along with green beans, a fruit cup, and a cookie.



New Expanded Menu!



Baked Ham

Served with baked potato, Brussels sprouts, a dinner roll with butter, and a fruit cup.



Spaghetti with Meat Sauce

Served with steamed broccoli, a dinner roll with butter, and peach crumble for dessert.



Beef Lasagna

Served with broccoli and carrots, a dinner roll with butter, and fresh fruit.

View our full menu and pick the meals you want at:
meals-on-wheels.com

Questions?

Call us at 612-623-3363.



Menu



Sweet & Sour Chicken

Served with brown rice, a stir fry vegetable blend, warm baked apples, and a cookie.



Latin Pork

Served with black beans and rice, corn, a fruit cup, and a cookie for dessert.



Beef Pot Roast

Served with mashed potatoes, peas and carrots, dinner roll with butter, and a cookie.



Breakfast Sandwich

Scrambled egg, turkey sausage and cheese on an English muffin. Served with a fruit cup and baked apples.



Chicken Enchilada Bake with Cheese

Served with a corn and pepper medley along with California vegetable blend, and a cookie.



Beef Sloppy Joe

Served on a whole wheat bun with mashed potatoes, diced carrots, and a fruit cup.



Parmesan Crusted Fish

Served with brown rice pilaf, California vegetables, fruit cup, and a snickerdoodle cookie for dessert.



Veggie Lasagna

Served with garlic bread and a fruit cup.



BBQ Chicken Drumsticks

Served with roasted sweet potatoes, collard greens, a fresh fruit cocktail, and a dinner roll.

