Sample Menu Items:

Each dish below is approximate and individual items may change based on the type of diet you receive. Each meal also comes with milk. This sample menu is not inclusive of all meals served and is subject to change.

Meals on Wheels works on a 10-week, rotating menu. This means that you will not receive the same main dish for ten weeks in a row, allowing for incredible amounts of variety!

**Chicken Marsala**
- With Pasta
- Steamed Edamame
- Crispy Celery with Cream Cheese
- Sticky Butterscotch Parfait

**Sliced Turkey Breast**
- Homestyle Stuffing
- Green Beans
- Applesauce
- Cranberry Cheesecake

**Baked Salmon**
- Wild Rice
- Corn off the Cob
- Three-Bean Salad
- Pistachio & Pineapple Pudding

**Sweet and Sour Pork with Noodles**
- Tender Snow Peas
- Beets
- Thai Quinoa Salad
- Rice Pudding

**Beef Bourguignon**
- With Pasta Shells
- Zucchini
- Tossed Fresh Green Salad
- Blueberry Crisp

**Mom’s Meatloaf and Gravy**
- Baked Potato
- Spinach
- Squash Coleslaw
- Banana Fluff

**Turkey Chili**
- Freshly Baked Corn Bread
- Frenched Green Beans
- Corn, Carrot, and Squash Salad
- Cherry and Pineapple Tart

**Cod with Plum Sauce**
- Baked Spaghetti Squash
- Cauliflower and Parsley
- Diced Pears
- Cookies

**BBQ Pork Casserole**
- Spinach
- Broccoli
- Homemade Coleslaw
- Apple Pie

**Stuffed Portobello (Vegetarian)**
- Black Beans
- Spaghetti Squash
- Sweet Kale
- Whipped Lemon Jello

**Butternut Squash Pasta (Vegetarian)**
- Yellow Squash
- Sweet Beets
- Apple and Carrot Slaw
- Cherry Cobbler

**Chicken Cordon Bleu**
- Wild Rice
- Brussels Sprouts
- Cottage Cheese
- Birthday Cake