

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

Baked Salmon

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

Beef Bourguignon

With Pasta Shells
Zucchini
Tossed Fresh Green Salad
Blueberry Crisp

Turkey Chili

Freshly Baked Corn Bread
Frenched Green Beans
Corn, Carrot, and Squash Salad
Cherry and Pineapple Tart

BBQ Pork Casserole

Spinach
Broccoli
Homemade Coleslaw
Apple Pie

Butternut Squash Pasta (Vegetarian)

Yellow Squash
Sweet Beets
Apple and Carrot Slaw
Cherry Cobbler

Sliced Turkey Breast

Homestyle Stuffing
Green Beans
Applesauce
Cranberry Cheesecake

Sweet and Sour Pork with Noodles

Tender Snow Peas
Beets
Thai Quinoa Salad
Rice Pudding

Mom's Meatloaf and Gravy

Baked Potato
Spinach
Squash Coleslaw
Banana Fluff

Cod with Plum Sauce

Baked Spaghetti Squash
Cauliflower and Parsley
Diced Pears
Cookies

Stuffed Portobello (Vegetarian)

Black Beans
Spaghetti Squash
Sweet Kale
Whipped Lemon Jello

Chicken Cordon Bleu

Wild Rice
Brussels Sprouts
Cottage Cheese
Birthday Cake