



MEALS ON WHEELS ORDER FORM SEPT. 2015

Name _____ Tel.# _____ Date Ordered _____

Address _____ Apt _____ Delivery Date _____

O = Low Fat (≤ 3g of fat/100g) and Low Cholesterol (≤ 20mg of cholesterol/100g)
 ↓ = Low Sodium (≤ 140 mg of sodium/100g) V = Vegetarian (may contain dairy and eggs)

DINNERS: Each includes optional milk, and roll or rice.

						#
4		↓	V	Macaroni & Cheese, Green Beans, Sliced Apples	4	
7	O			Roast Turkey & Gravy, Mashed Potatoes, Mixed Vegetables, Sliced Apples	7	
10	O	↓		Roast Beef Hash, Corn, Peaches	10	
13	O			Diced Beef w/Gravy, Mashed Potatoes, Peas & Carrots, Spiced Peaches	13	
19	O	↓		Chili w/Beef and Beans, Broccoli and Carrots, Sliced Apples	19	
20				Meatloaf, Roasted Potatoes, Green Beans, Sliced Apples	20	
23	O			Chicken Enchilada, Rice with Peas, Mexicali Corn	23	
24	O	↓		Chicken Curry, White Rice, Broccoli and Carrots, Sliced Apples	24	
26	O	↓		Tuna Casserole, Peas, Peaches	26	
42	O	↓		Turkey Ala King, Rice w/Peppers & Pimento, Mixed Vegetables, Sliced Apples	42	
51	O	↓	V	Vegetarian Lasagna, Italian Vegetable Blend, Zucchini, Spiced Peaches	51	
53	O	↓	V	Vegetarian Spaghetti w/Sauce, Green Beans, Applesauce	53	
56	O	↓		Lasagna with Beef, Zucchini, Italian Blend Vegetables, Spiced Peaches	56	
57	O	↓		Chicken Patty w/White Rice, Red Beans, Mixed Vegetables, Spiced Peaches	57	
64				Chicken Fritters w/Ranchero Sauce, Rice w/Peppers & Pimentos, Mexicali Corn	64	
66	O	↓		Beef Stew, Rice, Peaches	66	
68		↓		Salisbury Steak w/Gravy, Mashed Potatoes, Mixed Vegetables, Peaches	68	
73	O	↓		Spaghetti with Meat Sauce, Green Beans, Cinnamon Applesauce	73	
77		↓		Breaded Fish Patty, Chunk Roasted Potatoes, Broccoli and Carrots	77	
79		↓		New Orleans Style Rice w/Ground Beef, Mexicali Corn, Pears	79	
80	O	↓		Chicken Breast w/Marinara Sauce, Mashed Potatoes, Italian Blend Vegetables	80	
83	O	↓		Chicken Breast on Seasoned Pasta w/Gravy, Green Beans, Spiced Peaches	83	
84	O	↓		Macaroni w/Beef Chili Sauce, Green Beans, Pears	84	
85	O	↓	V	Vegan Curried Lentil Stew, Rice w/Peppers & Pimentos, Pineapple	85	
86				Creamy Chicken Casserole, Broccoli and Carrots, Peaches	86	
88	O	↓	V	Bean and Cheese Burrito, Rice w/Peppers & Pimentos, Corn	88	
90	O	↓		Chicken Fried Rice, Asian Blend Vegetables, Pineapple	90	

White Whole Grain Dinner Rolls: # _____ Rice # _____ # Dry Milk _____ **Total Dinners** _____

BREAKFASTS: Each includes optional milk, and breakfast bar.

						#
16		↓	V	Vegan Zucchini Scramble, Oatmeal, Spicy Black Beans	16	
30			V	Egg Patty w/American Cheese, O'Brien Potatoes, Pears	30	
35			V	Breakfast Burrito w/Ranchero Sauce, Sweet Rice, Sliced Apples	35	
38			V	Apple Pie Burrito, Scrambled Eggs, O'Brien Potatoes	38	
39				Turkey Sausage/Egg/Cheese Wrap w/Ranchero Sauce, Potatoes, Pears	39	
40				Creamed Gravy w/Beef on a Biscuit, Sweet Rice, Peaches	40	
65	O	↓	V	Cinnamon French Toast, O'Brien Potatoes, Peaches	65	

Apple Breakfast Bar _____ # Pumpkin Breakfast Bar _____ **Total Breakfasts** _____

Meals Ordered _____ X \$3.00/meal (Suggested Donation)= _____
 (\$4.50/ Meal Charge if ineligible, under 60 yrs.) Amount Received _____

Participant's Signature _____ Driver's Signature _____

Liquid Supplement Order Form

ENSURE (24 pack) \$25.00

_____ Vanilla
 _____ Chocolate
 _____ Strawberry
 _____ Butter Pecan

ENSURE Pudding (4 pack) \$4.00

_____ Vanilla
 _____ Chocolate
 _____ Butterscotch

ENSURE Plus (24 pack) \$26.00

_____ Vanilla
 _____ Chocolate
 _____ Strawberry
 _____ Butter Pecan

GLUCERNA (24 pack) \$36.00

_____ Chocolate
 _____ Strawberry

FOR OFFICE USE ONLY – Please do not write in this box.

Liquid Supplement Item	Quantity	Cost Per Unit	Cost
	x	\$ =	\$
	x	\$ =	\$
	x	\$ =	\$
MOBILE MARKET CHARGES			= \$

Meals Ordered _____ x \$3.00/Meal Suggested Donation
 (or \$4.50/Meal Charge if Under 60)

SUGGESTED DONATION (OR CHARGE) FOR MEALS = \$
TOTAL = \$
Amount Received = \$

Participant's Signature _____ Driver's Signature _____