



Meals on Wheels Menu

2/2017

O = Low Saturated Fat (<10% of Calories from Saturated Fat) and Low Cholesterol (<100 mg/meal)
 ↓ = Low Sodium (<767 mg Sodium per meal)
 V = Vegetarian (may contain dairy and eggs) V+ = Vegan (no animal derived ingredients)

Lunches/Dinners: Each meal includes optional roll or rice, fruit cup, and milk.

1	O			Chicken Enchilada, Rice, Black Beans	1	#
2	O	↓	V+	Chili Macaroni, Green Beans	2	
4		↓	V	Macaroni & Cheese, Green Beans	4	
5	O	↓		Pizza Wrap (w/Beef & Turkey), Roasted Potatoes, Carrots	5	
6	O	↓		Chicken Alfredo with Rotini, Corn	6	
7	O			Teriyaki Chicken, Rice, Vegetable Blend (peas, corn, carrots, green beans)	7	
10	O		V+	Burrito (Rice and Bean), Chunk Roasted Potatoes, Corn	10	
18	O		V+	Bean Hash, Sweet Rice w/Raisins	18	
20				Meatloaf, Mashed Potatoes, Green Beans	20	
26	O			Tuna Casserole, Vegetable Blend (peas, corn, carrots, green beans)	26	
31	O	↓		Orange Chicken, Rice, Vegetable Blend (peas, corn, carrots, green beans)	31	
42	O			Turkey Ala King, Rice, Peas	42	
56	O	↓		Lasagna Casserole w/Beef, Green Beans	56	
57	O			BBQ Chicken (Chicken Patty w/BBQ Sauce), Rice, Pinto Beans	57	
64	O	↓		Ranchero Chicken (Chicken Patty w/Ranchero Sauce), Rice, Green Beans	64	
66	O	↓		Beef Stew, Rice, Carrots	66	
68				Salisbury Steak w/Gravy, Mashed Potatoes, Vegetable Blend	68	
72	O			Country Fried Steak (Chicken & Beef Patty) w/Gravy, Mashed Potatoes, Carrots	72	
74	O			Sweet & Sour Chicken, Rice, and Vegetable Blend	74	
77	O	↓		Breaded Fish Patty, Rice, Peas	77	
86	O			Chicken Casserole w/Seasoned Noodles, Vegetable Blend	86	
600	O	↓	V+	Chili, Rice, and Vegetable Blend (peas, corn, carrots, green beans)	600	
604	O		V+	Sloppy Joe, Tator Puffs, Vegetable Blend (peas, corn, carrots, green beans)	604	
606	O	↓	V+	Spaghetti, Lentil Beans	606	
620	O		V+	Vegetable Stew, Cajun Style Black Beans	620	

White Whole Grain Dinner Roll: # _____ Rice: # _____ Milk: # _____ Total Dinners

Breakfasts: Each meal includes optional fruit cup, breakfast bar, and milk.

16	O		V+	Zucchini Scramble w/Chunk Roasted Potatoes, Cajun Style Black Beans	16	#
30	O		V	Cheesy Egg Omelet, O'Brien Potatoes, Sweet Rice	30	
35	O		V	Breakfast Egg Burrito w/Ranchero Sauce, Sweet Rice	35	
38	O		V	Apple Pie Burrito, Scrambled Eggs, O'Brien Potatoes	38	
40				Biscuit & Gravy (Creamed Beef Gravy), O'Brien Potatoes	40	

Apple Breakfast Bar: # _____ Pumpkin Breakfast Bar: # _____ Milk: # _____ Total Breakfasts

Total # of Meals Ordered _____ X \$5 per meal (Suggested Donation) = _____
 *\$5 per meal charge if Private Pay

Liquid Supplement Order Form

ENSURE (24 pack) \$27.00

_____ Vanilla
_____ Chocolate
_____ Strawberry
_____ Butter Pecan

ENSURE Pudding (4 pack) \$5.00

_____ Vanilla
_____ Chocolate
_____ Butterscotch

ENSURE Plus (24 pack) \$28.00

_____ Vanilla
_____ Chocolate
_____ Strawberry
_____ Butter Pecan

GLUCERNA (24 pack) \$38.00

_____ Chocolate
_____ Strawberry

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