





# YOUR NEXT 6 WEEK MENU IS NOW AVAILABLE FROM MOBILE MEALS!




Client's Full Name: \_\_\_\_\_

*Without this information we can not honor your choices.*

The dinner entrée listed next to each day is the **FEATURED MEAL**  for that day. We also offer three **ALTERNATIVE MEALS**. If you would rather receive one of the Alternative Meals instead of the Featured Meal, **CIRCLE** the corresponding , , or  to indicate which Alternative Meal you'd like to receive. If you do not circle an Alternative Meal choice, you will automatically receive the Featured Meal for that day. **Please return your completed menu choices to your driver or volunteer as soon as possible.**














*PLEASE NOTE: Menus are adjusted to accommodate special diets. Meals are subject to change due to availability and circumstances beyond our control. Menu choices are not available to Paramount clients.*

## YOUR ALTERNATE MEAL OPTIONS:





















-  – Macaroni & Cheese, Carrots, Green Beans
-  – Salisbury Steak, Mashed Potatoes, Carrots
-  – Baked Chicken w/ Gravy, Rice, Capri Blend, Peas

*Circle the FEATURED MEAL **OR** one of the ALTERNATIVE MEALS for each day.*

### Monday, November 1, 2021 – Friday, November 5, 2021

FEATURED MEAL		ALTERNATIVE MEALS			
<b>Mon.</b>	 Swedish Meatballs, Noodles, Scandinavian Blend, Fruit Compote	OR		OR 	OR 
<b>Tues.</b>	 Dijon Chicken Breast, Paprika Potatoes, Broccoli	OR		OR 	OR 
<b>Wed.</b>	 Beef Cutlet w/ Mushroom Gravy, Rice, Peas, Carrots	OR		OR 	OR 
<b>Thurs.</b>	 Spaghetti w/ Meat Sauce, Italian Vegetables, Green Beans	OR		OR 	OR 
<b>Fri.</b>	 Bourbon Pork Chop, Mashed Potatoes, Brussel Sprouts	OR		OR 	OR 




### Monday, November 8, 2021 – Friday, November 12, 2021

FEATURED MEAL		ALTERNATIVE MEALS			
<b>Mon.</b>	 Goulash, Green Beans, Malibu Blend	OR		OR 	OR 
<b>Tues.</b>	 Fiesta Chicken Casserole, Capri Blend, Peas	OR		OR 	OR 
<b>Wed.</b>	 Broccoli Cheese Stuffed Chicken, Wild Rice, Mixed Vegetables, Carrots	OR		OR 	OR 
<b>Thurs.</b>	 Turkey Pot Roast, Herb Mashed Potatoes, Green Bean Casserole	OR		OR 	OR 
<b>Fri.</b>	 Meatloaf w/ Gravy, Scalloped Potatoes, Corn O'Brien	OR		OR 	OR 




















Questions? Need Ingredient Information? Visit [mobilemeals.org](http://mobilemeals.org) or call 419.255.7806.

Visit [mobilemeals.org/order](http://mobilemeals.org/order) to fill out your menu choices online.






## YOUR ALTERNATE MEAL OPTIONS:

-  – Macaroni & Cheese, Carrots, Green Beans
-  – Salisbury Steak, Mashed Potatoes, Carrots
-  – Baked Chicken w/ Gravy, Rice, Capri Blend, Peas


















### Monday, November 15, 2021 – Friday, November 19, 2021

	FEATURED MEAL		ALTERNATIVE MEALS
Mon.	 Salisbury Steak, Normandy Blend, Peas	OR	 OR  OR 
Tues.	 Beef, Pork & Noodle Casserole, Lima Beans, Carrots	OR	 OR  OR 
Wed.	 Vegetable Lasagna, Winter Blend Vegetable, Green Beans	OR	 OR  OR 
Thurs.	 Turkey Unstuffed Peppers, Carrots, Peas	OR	 OR  OR 
Fri.	 Teriyaki Meatballs, Rice, Oriental Blend, Corn	OR	 OR  OR 




















### Monday, November 22, 2021 – Friday, November 26, 2021 - SPECIAL HOLIDAY WEEK MENU

	FEATURED MEAL
Mon.	 Chef's Choice
Tues.	 Chef's Choice
Wed.	 Chef's Choice
Thurs.	 Turkey & Stuffing w/Gravy, Whipped Sweet Potatoes, Green Bean Casserole, Pumpkin Pie
Fri.	 Chef's Choice

### Monday, November 29, 2021 – Friday, December 3, 2021

	FEATURED MEAL		ALTERNATIVE MEALS
Mon.	 Chili Mac, Hubbard Squash, Scandinavian Blend	Alternative Choices Unavailable	
Tues.	 Bourbon Chicken, Whipped Sweet Potatoes, Turnip Greens	OR	 OR  OR 
Wed.	 BBQ Beef Sandwich, Cheese Potatoes, Baked Beans	OR	 OR  OR 
Thurs.	 Cheesy Turkey Casserole, Succotash, Carrots	OR	 OR  OR 
Fri.	 Zesty Pot Roast , Corn O'Brien, Green Beans	OR	 OR  OR 

### Monday, December 6, 2021 – Friday, December 10, 2021

	FEATURED MEAL		ALTERNATIVE MEALS
Mon.	 Roast Pork w/ Gravy, Mashed Potatoes, European Vegetable Blend	OR	 OR  OR 
Tues.	 BBQ Chicken, Malibu Blend Vegetables, Peas	OR	 OR  OR 
Wed.	 Unstuffed Cabbage, Mashed Potatoes, Carrots	OR	 OR  OR 
Thurs.	 Beef Burgundy, Mashed Red Skins, Mixed Vegetables	OR	 OR  OR 
Fri.	 Pepperoni Pizza, Winter Blend, Carrots	OR	 OR  OR 