





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, supply chain issues, and other circumstances beyond our control. Menu choices are not available to Paramount clients.

Questions? Need Ingredient Information? Visit mobilemeals.org or call 419.255.7806.

Visit mobilemeals.org/order to fill out your menu choices online.

















YOUR ALTERNATE MEAL OPTIONS:


















-  – Chicken with Cavatappi Pasta Casserole, Carrots, Green Beans
-  – Salisbury Steak, Scalloped Potatoes, Carrots
-  – Baked Chicken with Gravy, Rice, Capri Blend, Peas

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

Monday, December 13, 2021 – Friday, December 17, 2021




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

Monday, December 20, 2021 – Friday, December 24, 2021


















FEATURED MEAL	ALTERNATIVE MEALS
Mon.  Goulash, Green Beans, Malibu Blend	OR  OR  OR 
Tues.  Fiesta Chicken Casserole, Capri Blend, Peas	OR  OR  OR 
Wed.  Broccoli Cheese Stuffed Chicken, Wild Rice, Mixed Vegetables, Carrots	OR  OR  OR 
Thurs.  Turkey Pot Roast, Herb Mashed Potatoes, Green Beans	OR  OR  OR 
Fri.  Baked Ham with Cranberry Sauce, Sweet Potato, Brussel Sprouts	<i>Alternative Choices Unavailable</i>

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YOUR ALTERNATE MEAL OPTIONS:

-  – Chicken with Cavatappi Pasta Casserole, Carrots, Green Beans
-  – Salisbury Steak, Scalloped Potatoes, Carrots
-  – Baked Chicken with Gravy, Rice, Capri Blend, Peas





















Monday, December 27, 2021 – Friday, December 31, 2021

FEATURED MEAL	ALTERNATIVE MEALS
Mon.  Salisbury Steak, Mashed Potatoes, Peas	OR  OR  OR 
Tues.  Beef 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.  Pork Roast with Sauerkraut, Mashed Potatoes, Dilled Carrots	<i>Alternative Choices Unavailable</i>




















Monday, January 3, 2022 – Friday, January 7, 2022

FEATURED MEAL	ALTERNATIVE MEALS
Mon.  Chicken a la King w/ Biscuit, Kyoto Blend, Wax Beans	OR  OR  OR 
Tues.  Pork Cutlet with Stuffing, Cauliflower, Peas	OR  OR  OR 
Wed.  Beef Stew, Hubbard Squash, Winter Blend	OR  OR  OR 
Thurs.  Meatloaf with Gravy, Roasted Red Skin Potatoes, Green Beans	OR  OR  OR 
Fri.  Chicken Kiev, Rice Pilaf, Mixed Vegetables, Wax Beans	OR  OR  OR 

Monday, January 10, 2022 – Friday, January 14, 2022

FEATURED MEAL	ALTERNATIVE MEALS
Mon.  Bean & Ham Soup w/ Corn Bread, Turnip Greens, Cinnamon Apples	OR  OR  OR 
Tues.  Bourbon Chicken, Mashed Sweet Potatoes, Scandinavian Blend	OR  OR  OR 
Wed.  BBQ Beef Sandwich, Cheese Potatoes, Baked Beans	OR  OR  OR 
Thurs.  Chicken & Noodle Casserole, Succotash, Carrots	OR  OR  OR 
Fri.  Zesty Pot Roast with Rice, Corn Obrien, Green Beans	OR  OR  OR 

Monday, January 17, 2022 – Friday, January 21, 2022

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.  Pizza Casserole, Winter Blend, Carrots	OR  OR  OR 