




YOUR NEXT 12-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. This menu 12-week menu offers two **ALTERNATE MEALS** each day. If you would rather receive one of the Alternate Meals instead of the Featured Meal, **CIRCLE the corresponding**  **OR**  to indicate which Alternate Meal you'd like to receive. **If you do not circle an Alternate Meal choice, you will automatically receive the Featured Meal for that day.** You should have a total of 5 circles for each week. **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.


















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

Due to supply issues, this 12 week menu is limited to two alternate meal choices per day.
















YOUR ALTERNATE MEAL OPTIONS:

-  = Macaroni & Cheese, Italian Vegetables, Green Beans
-  = Salisbury Steak, Scalloped Potatoes, Carrots



Monday, January 24, 2022 – Friday, January 28, 2022

FEATURED MEAL	ALTERNATE MEALS
Mon.  = Swedish Meatballs, Noodles, Scandinavian Blend, Fruit Compote	OR  OR 
Tues.  = Dijon Chicken Breast, Red Skin Potatoes, Prince Charles Blend	OR  OR 
Wed.  = Beef Shepherd's Pie, Mashed Potatoes, Carrots	OR  OR 
Thurs.  = Spaghetti w/ Meat Sauce, Italian Vegetables, Spinach	OR  OR 
Fri.  = Bourbon Pork Chop, Mashed Potatoes, Brussel Sprouts	OR  OR 
















Monday, January 31, 2022 – Friday, February 4, 2022

FEATURED MEAL	ALTERNATE MEALS
Mon.  = Goulash, Green Beans, Malibu Blend	OR  OR 
Tues.  = Cheese Lasagna, Capri Blend, Peas	OR  OR 
Wed.  = Broccoli Cheese Stuffed Chicken, Wild Rice, Mixed Vegetables, Carrots	OR  OR 
Thurs.  = Turkey Pot Roast, Herb Mashed Potatoes, Green Beans	OR  OR 
Fri.  = BBQ Hamburger, Roasted Sweet Potato, European Vegetable Blend	OR  OR 











YOUR ALTERNATE MEAL OPTIONS:

-  = Macaroni & Cheese, Italian Vegetables, Green Beans
 = Salisbury Steak, Scalloped Potatoes, Carrots
















Monday, February 7, 2022– Friday, February 11, 2022

FEATURED MEAL	ALTERNATE MEALS
Mon.  = Pork Burger Supreme, Winter Squash, Lima Beans	OR  OR 
Tues.  = Baked Chicken w/ Gravy, Cheesy Potatoes, Broccoli	OR  OR 
Wed.  = Artisan Mac & Cheese, Stewed Tomatoes, Green Beans	OR  OR 
Thurs.  = Turkey Unstuffed Peppers, Carrots, Peas	OR  OR 
Fri.  = Salisbury Steak, Mashed Potatoes, Peas w/ Mushrooms	OR  OR 






Monday, February 14, 2022– Friday, February 18, 2022

FEATURED MEAL	ALTERNATE MEALS
Mon.  = Chicken a la King w/ Biscuit, Kyoto Blend, Carrots	OR  OR 
Tues.  = Sweet Sour Pork, Rice, Cauliflower, Peas	OR  OR 
Wed.  = Breaded Veal, Shell Macaroni, Hubbard Squash, Winter Blend	OR  OR 
Thurs.  = Meatloaf w/ Gravy, Red Skin Potatoes, Spinach	OR  OR 
Fri.  = Chicken Kiev, Rice Pilaf, Mixed Vegetables, Wax Beans	OR  OR 


Monday, February 21, 2022– Friday, February 25, 2022

FEATURED MEAL	ALTERNATE MEALS
Mon.  = Bean & Ham Soup w/ Corn Bread, Turnip Greens, Cinnamon Apples	OR  OR 
Tues.  = Savory Baked Chicken, Sweet Potato Casserole, Scandinavian Blend	OR  OR 
Wed.  = BBQ Beef Sandwich, Cheese Potatoes, Baked Beans	OR  OR 
Thurs.  = Chicken & Noodle Casserole, Succotash, Carrots	OR  OR 
Fri.  = Zesty Pot Roast w/ Rice, Corn O'Brien, Green Beans	OR  OR 

Monday, February 28, 2022– Friday, March 4, 2022
















FEATURED MEAL	ALTERNATE MEALS
Mon.  = Roast Pork w/ Gravy, Mashed Potatoes, European Vegetable	OR  OR 
Tues.  = BBQ Chicken, Rice, Spinach, Corn	OR  OR 
Wed.  = Beef Pepper Pattie w/ Mac & Cheese, Stewed Tomatoes, Green Beans	OR  OR 
Thurs.  = Plantation Shortcake w/ Biscuit, Peas & Carrots, Brussel Sprouts	OR  OR 
Fri.  = Pizza Casserole, Winter Blend, Carrots	OR  OR 

YOUR ALTERNATE MEAL OPTIONS:
















 = Macaroni & Cheese, Italian Vegetables, Green Beans

 = Salisbury Steak, Scalloped Potatoes, Carrots
















Monday, March 7, 2022– Friday, March 11, 2022

	FEATURED MEAL	ALTERNATE MEALS
Mon.	 = Swedish Meatballs, Noodles, Scandinavian Blend, Fruit Compote	OR  OR 
Tues.	 = Dijon Chicken Breast, Red Skin Potatoes, Prince Charles Blend	OR  OR 
Wed.	 = Beef Shepherd's Pie, Mashed Potatoes, Carrots	OR  OR 
Thurs.	 = Spaghetti w/ Meat Sauce, Italian Vegetables, Spinach	OR  OR 
Fri.	 = Bourbon Pork Chop, Mashed Potatoes, Brussel Sprouts	OR  OR 







Monday, March 14, 2022– Friday, March 18, 2022

	FEATURED MEAL	ALTERNATE MEALS
Mon.	 = Goulash, Green Beans, Malibu Blend	OR  OR 
Tues.	 = Cheese Lasagna, Capri Blend, Peas	OR  OR 
Wed.	 = Broccoli Cheese Stuffed Chicken, Wild Rice, Mixed Vegetables, Carrots	OR  OR 
Thurs.	 = Turkey Pot Roast, Herb Mashed Potatoes, Green Beans	OR  OR 
Fri.	 = BBQ Hamburger, Roasted Sweet Potato, European Vegetable Blend	OR  OR 



Monday, March 21, 2022– Friday, March 25, 2022

	FEATURED MEAL	CONTINUED ALTERNATE MEALS
Mon.	 = Pork Burger Supreme, Winter Squash, Lima Beans	OR  OR 
Tues.	 = Baked Chicken w/ Gravy, Cheesy Potatoes, Broccoli	OR  OR 
Wed.	 = Artisan Mac & Cheese, Stewed Tomatoes, Green Beans	OR  OR 
Thurs.	 = Turkey Unstuffed Peppers, Carrots, Peas	OR  OR 
Fri.	 = Salisbury Steak, Mashed Potatoes, Peas w/ Mushrooms	OR  OR 
















Monday, March 28, 2022– Friday, April 1, 2022

	FEATURED MEAL	ALTERNATE MEALS
Mon.	 = Chicken a la King w/ Biscuit, Kyoto Blend, Carrots	OR  OR 
Tues.	 = Sweet Sour Pork, Rice, Cauliflower, Peas	OR  OR 
Wed.	 = Breaded Veal, Shell Macaroni, Hubbard Squash, Winter Blend	OR  OR 
Thurs.	 = Meatloaf w/ Gravy, Red Skin Potatoes, Spinach	OR  OR 
Fri.	 = Chicken Kiev, Rice Pilaf, Mixed Vegetables, Wax Beans	OR  OR 















YOUR ALTERNATE MEAL OPTIONS:

-  = Macaroni & Cheese, Italian Vegetables, Green Beans
 = Salisbury Steak, Scalloped Potatoes, Carrots

Monday, April 4, 2022– Friday, April 8, 2022

FEATURED MEAL	ALTERNATE MEALS
Mon.  = Bean & Ham Soup w/ Corn Bread, Turnip Greens, Cinnamon Apples	OR  OR 
Tues.  = Savory Baked Chicken, Sweet Potato Casserole, Scandinavian Blend	OR  OR 
Wed.  = BBQ Beef Sandwich, Cheese Potatoes, Baked Beans	OR  OR 
Thurs.  = Chicken & Noodle Casserole, Succotash, Carrots	OR  OR 
Fri.  = Zesty Pot Roast w/ Rice, Corn O'Brien, Green Beans	OR  OR 

Monday, April 11, 2022– Friday, April 15, 2022

FEATURED MEAL	ALTERNATE MEALS
Mon.  = Roast Pork w/ Gravy, Mashed Potatoes, European Vegetable	OR  OR 
Tues.  = BBQ Chicken, Rice, Spinach, Corn	OR  OR 
Wed.  = Beef Pepper Pattie w/ Mac & Cheese, Stewed Tomatoes, Green Beans	OR  OR 
Thurs.  = Plantation Shortcake w/ Biscuit, Peas & Carrots, Brussel Sprouts	OR  OR 
Fri.  = Pizza Casserole, Winter Blend, Carrots	OR  OR 

You can make your menu choices online!

If you have internet access and a computer, tablet, or smartphone, you can make your Mobile Meals' dinner selections online.

You can order your meals online at:

mobilemeals.org/order

(Type mobilemeals.org/order in the address bar of your browser.)

After you submit your dinner selections, you'll receive an email with a summary of all the meals you have chosen. You will also get an email to remind you when the next menu is available.

Please call 419.255.7806 if you have any questions.

SAMPLE: Just tap or click on the choice you'd like for each day

Wednesday, September 15, 2021

- Broccoli and Cheese Stuffed Chicken, Wild Rice, Mixed Vegetables, and Carrots
- Option A: Artisan Macaroni & Cheese, Carrots, and Peas
- Option B: Salisbury Steak, Mashed Potatoes, and Carrots
- Option C: Baked Chicken with Gravy, Rice, Green Beans, and Fruit Compote