





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 three **ALTERNATE MEALS** each day. If you would rather receive one of the Alternate Meals instead of the Featured Meal, **CIRCLE the corresponding**  **OR**  **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.



mobilemeals

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

YOUR ALTERNATE MEAL OPTIONS:



= Meatloaf with Gravy, Mashed Potatoes, Peas & Carrots























= Chicken Cordon Bleu, Rice, Carrots, Wax Beans























= Spinach Quiche, Roasted Potatoes, Escaloped Apples

Monday, April 18, 2022– Friday, April 22, 2022




FEATURED MEAL	ALTERNATE MEALS
Mon.  = Swedish Meatballs, Buttered Noodles, Oriental Blend, Asparagus	OR  OR  OR 
Tues.  = Dijon Chicken Breast, Red Skin Potatoes, Brussel Sprouts	OR  OR  OR 
Wed.  = Homestyle Veal with Gravy, Mashed Potatoes, Carrots	OR  OR  OR 
Thurs.  = Spaghetti with Meat Sauce, Italian Vegetables, Spinach	OR  OR  OR 
Fri.  = Bourbon Pork Chop, Mashed Potatoes, Brussel Sprouts	OR  OR  OR 

Monday, April 25, 2022– Friday, April 29, 2022





















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

CONTINUED ON BACK




















YOUR ALTERNATE MEAL OPTIONS:

-  = Meatloaf with Gravy, Mashed Potatoes, Peas & Carrots
-  = Chicken Cordon Bleu, Rice, Carrots, Wax Beans
-  = Spinach Quiche, Roasted Potatoes, Escaloped Apples





















Monday, May 2, 2022– Friday, May 6, 2022

FEATURED MEAL	ALTERNATE MEALS
Mon.  = Pork Burger Supreme, Winter Squash, Lima Beans	OR  OR  OR 
Tues.  = Baked Chicken with Gravy, Cheesy Potatoes, Broccoli	OR  OR  OR 
Wed.  = Artisan Mac & Cheese, Stewed Tomatoes, Green Beans	OR  OR  OR 
Thurs.  = Turkey Unstuffed Peppers, Corn Black Bean Blend, Wax Beans	OR  OR  OR 
Fri.  = Salisbury Steak, Roasted Onion Potatoes, Peas with Mushrooms	OR  OR  OR 

Monday, May 9, 2022– Friday, May 13, 2022

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




Monday, May 16, 2022– Friday, May 20, 2022

FEATURED MEAL	ALTERNATE MEALS
Mon.  = Scalloped Potatoes with Ham Casserole, Normandy Blend, Lima Beans	OR  OR  OR 
Tues.  = Chicken Parmesan, Spaghetti Noodles, Italian Vegetable Blend, Peas	OR  OR  OR 
Wed.  = BBQ Beef Sandwich, Cheese Potatoes, California Blend	OR  OR  OR 
Thurs.  = Chicken & Noodle Casserole, Succotash, Carrots	OR  OR  OR 
Fri.  = Zesty Pot Roast w/ Rice, Corn O'Brien, Green Beans	OR  OR  OR 





















Monday, May 23, 2022– Friday, May 27, 2022

FEATURED MEAL	ALTERNATE MEALS
Mon.  = Roast Pork with Gravy, Mashed Potatoes, European Vegetable	OR  OR  OR 
Tues.  = BBQ Chicken, Rice, Spinach, Corn	OR  OR  OR 
Wed.  = Beef Pepper Pattie with Mac & Cheese, Stewed Tomatoes, Green Beans	OR  OR  OR 
Thurs.  = Plantation Shortcake with Biscuit, Peas & Carrots, Brussel Sprouts	OR  OR  OR 
Fri.  = Italian Turkey Meatballs, Shell Macaroni, Broccoli, Kyoto Blend Veggies	OR  OR  OR 





















YOUR ALTERNATE MEAL OPTIONS:

-  = Meatloaf with Gravy, Mashed Potatoes, Peas & Carrots
 = Chicken Cordon Bleu, Rice, Carrots, Wax Beans
 = Spinach Quiche, Roasted Potatoes, Escaloped Apples





















Monday, May 30, 2022– Friday, June 3, 2022

FEATURED MEAL	ALTERNATE MEALS
Mon.  = Sloppy Joe, Bun, Trio Baked Beans, Hot Cabbage Slaw	OR  OR  OR 
Tues.  = Dijon Chicken Breast, Red Skin Potatoes, Brussel Sprouts	OR  OR  OR 
Wed.  = Homestyle Veal with Gravy, Mashed Potatoes, Carrots	OR  OR  OR 
Thurs.  = Spaghetti with Meat Sauce, Italian Vegetables, Spinach	OR  OR  OR 
Fri.  = Bourbon Pork Chop, Mashed Potatoes, Brussel Sprouts	OR  OR  OR 









Monday, June 6, 2022– Friday, June 10, 2022

FEATURED MEAL	ALTERNATE MEALS
Mon.  = Goulash, Green Beans, Malibu Blend	OR  OR  OR 
Tues.  = Cheese Lasagna, Capri Blend, Peas	OR  OR  OR 
Wed.  = Swiss Steak, Mashed Potatoes, Mixed Vegetables	OR  OR  OR 
Thurs.  = Turkey Pot Roast, Herb Mashed Potatoes, Green Beans	OR  OR  OR 
Fri.  = BBQ Bacon Hamburger, Roasted Sweet Potato, European Veg Blend	OR  OR  OR 

Monday, June 13, 2022– Friday, June 17, 2022

FEATURED MEAL	CONTINUED ALTERNATE MEALS
Mon.  = Pork Burger Supreme, Winter Squash, Lima Beans	OR  OR  OR 
Tues.  = Baked Chicken with Gravy, Cheesy Potatoes, Broccoli	OR  OR  OR 
Wed.  = Artisan Mac & Cheese, Stewed Tomatoes, Green Beans	OR  OR  OR 
Thurs.  = Turkey Unstuffed Peppers, Corn Black Bean Blend, Wax Beans	OR  OR  OR 
Fri.  = Salisbury Steak, Roasted Onion Potatoes, Peas with Mushrooms	OR  OR  OR 

Monday, June 20, 2022– Friday, June 24, 2022

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

CONTINUED ON BACK

YOUR ALTERNATE MEAL OPTIONS:



A = Meatloaf with Gravy, Mashed Potatoes, Peas & Carrots

B = Chicken Cordon Bleu, Rice, Carrots, Wax Beans

C = Spinach Quiche, Roasted Potatoes, Escaloped Apples

Monday, June 27, 2022– Friday, July 1, 2022

FEATURED MEAL	ALTERNATE MEALS
Mon.  = Scalloped Potatoes with Ham Casserole, Normandy Blend, Lima Beans	OR  OR  OR 
Tues.  = Chicken Parmesan, Spaghetti Noodles, Italian Vegetable Blend, Peas	OR  OR  OR 
Wed.  = BBQ Beef Sandwich, Cheese Potatoes, California Blend	OR  OR  OR 
Thurs.  = Chicken & Noodle Casserole, Succotash, Carrots	OR  OR  OR 
Fri.  = Zesty Pot Roast with Rice, Corn O'Brien, Green Beans	OR  OR  OR 

Monday, July 4, 2022– Friday, July 8, 2022

FEATURED MEAL	ALTERNATE MEALS
Mon.  = BBQ Pork Ribs, Ranch Potatoes, Roasted Fresh Vegetable Medley	OR  OR  OR 
Tues.  = Chicken with Gravy, Rice, Spinach, Corn	OR  OR  OR 
Wed.  = Beef Pepper Pattie with Mac & Cheese, Stewed Tomatoes, Green Beans	OR  OR  OR 
Thurs.  = Plantation Shortcake with Biscuit, Peas & Carrots, Brussel Sprouts	OR  OR  OR 
Fri.  = Italian Turkey Meatballs, Shell Macaroni, Broccoli, Kyoto Blend Veggies	OR  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