





# 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 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](http://mobilemeals.org) or call 419.255.7806.

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






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




















## YOUR ALTERNATE MEAL OPTIONS:

-  = Salisbury Steak with Gravy, Mashed Potatoes, Peas & Carrots
-  = Macaroni & Cheese, Carrots, Wax Beans
-  = Breaded Pollock Fish (Traditions Frozen Selection), Vegetable Blend, Carrots

### Monday, January 2, 2023– Friday, January 6, 2023

FEATURED MEAL	ALTERNATE MEALS
Mon.  = Swedish Meatballs, Buttered Noodles, Oriental Blend, Asparagus	OR  OR  OR 
Taco Tues.  = Beef Taco Meat, Corn Black Bean Blend, Green Beans, Tortilla Chips	OR  OR  OR 
Wed.  = Chicken & Mushrooms with Marsala Gravy, Mashed Potatoes, Carrots	OR  OR  OR 
Thurs.  = Lasagna Roll-ups with Meat Sauce, Italian Vegetables, Spinach	OR  OR  OR 
Fri.  = Bourbon Pork Chop, Sour Cream & Chive Mashed Potatoes, Roasted Brussel Sprouts	OR  OR  OR 

### Monday, January 9, 2023– Friday, January 13, 2023

FEATURED MEAL	ALTERNATE MEALS
Mon.  = Chicken Pot Pie, Green Beans, Malibu Blend	OR  OR  OR 
Tues.  = Chili Mac, Corn, Winter Blend	OR  OR  OR 
Wed.  = Swiss Steak, Mashed Potatoes, Mixed Vegetables	OR  OR  OR 
Thurs.  = Ham & Beans with Cornbread, Carrots, European Vegetable Blend	OR  OR  OR 
Fri.  = Turkey Pot Roast with Gravy, Herb Mashed Potatoes, Kyoto Blend	OR  OR  OR 

## YOUR ALTERNATE MEAL OPTIONS:



**A** = Salisbury Steak with Gravy, Mashed Potatoes, Peas & Carrots



**B** = Macaroni & Cheese, Carrots, Wax Beans



**C** = Breaded Pollock Fish (Traditions Frozen Selection), Vegetable Blend, Carrots

### Monday, January 16, 2023– Friday, January 20, 2023

FEATURED MEAL	ALTERNATE MEALS
<b>Mon.</b> = Pork Burger Supreme, Winter Squash, Lima Beans	OR  OR  OR
<b>Tues.</b> = Baked Chicken with Gravy, Au gratin Potatoes, Roasted Broccoli	OR  OR  OR
<b>Wed.</b> = Mac & Cheese, Stewed Tomatoes, Green Beans	OR  OR  OR
<b>Thurs.</b> = Turkey Unstuffed Peppers, Corn, Snap Peas	OR  OR  OR
<b>Fri.</b> = Homemade Salisbury Steak, Roasted Onion Potatoes, Carrots	OR  OR  OR

### Monday, January 23, 2023– Friday, January 27, 2023

FEATURED MEAL	ALTERNATE MEALS
<b>Mon.</b> = Chicken a la King with Biscuit, Kyoto Blend, Carrots	OR  OR  OR
<b>Tues.</b> = Sweet Sour Beef, Rice, Cauliflower, Peas & Pearl Onions	OR  OR  OR
<b>Wed.</b> = Roast Pork with Stuffing, Roasted Butternut Squash, Apples	OR  OR  OR
<b>Thurs.</b> = Meatloaf with Gravy, Red Skin Potatoes, Spinach	OR  OR  OR
<b>Fri.</b> = Oriental Baked Chicken, Rice, Snap Peas, Oriental Vegetables	OR  OR  OR

### Monday, January 30, 2023– Friday, February 3, 2023

FEATURED MEAL	ALTERNATE MEALS
<b>Mon.</b> = Hawaiian Meatballs, Brown Rice, Normandy Blend, Lima Beans	OR  OR  OR
<b>Tues.</b> = Chicken Parmesan, Spaghetti Noodles, Italian Vegetable Blend, Peas	OR  OR  OR
<b>Wed.</b> = Beef Stew, Smashed Cauliflower, Green Beans	OR  OR  OR
<b>Thurs.</b> = Chicken & Noodle Casserole, Succotash, Carrots	OR  OR  OR
<b>Fri.</b> = Zesty Pot Roast with Rice, Corn O'Brien, Peas & Carrots	OR  OR  OR

### Monday, February 6, 2023– Friday, February 10, 2023

FEATURED MEAL	ALTERNATE MEALS
<b>Mon.</b> = Smothered Pork with Gravy, Spätzle, European Vegetable, Escalloped Apples	OR  OR  OR
<b>Tues.</b> = Chicken Piccata with Lemon Dill Sauce, Rice Pilaf, Capri Vegetable	OR  OR  OR
<b>Wed.</b> = Beef Pepper Pattie with Mac & Cheese, Stewed Tomatoes, Corn	OR  OR  OR
<b>Thurs.</b> = Fajita Chicken, Cilantro Lime Rice with Black Beans, Normandy Blend Veggies	OR  OR  OR
<b>Fri.</b> = Italian Turkey Meatballs, Shell Macaroni, Broccoli, Kyoto Blend Veggies	OR  OR  OR

## YOUR ALTERNATE MEAL OPTIONS:



= Salisbury Steak with Gravy, Mashed Potatoes, Peas & Carrots



= Macaroni & Cheese, Carrots, Wax Beans



= Breaded Pollock Fish (Traditions Frozen Selection), Vegetable Blend, Carrots

### Monday, February 13, 2023– Friday, February 17, 2023 - HAPPY VALENTINE'S DAY!!

FEATURED MEAL	OR	ALTERNATE MEALS				
Mon.  = Swedish Meatballs, Buttered Noodles, Oriental Blend, Asparagus	OR		OR		OR	
Taco Tues.  = Beef Taco Meat, Corn Black Bean Blend, Green Beans, Tortilla Chips	OR		OR		OR	
Wed.  = Chicken & Mushrooms with Marsala Gravy, Mashed Potatoes, Carrots	OR		OR		OR	
Thurs.  = Lasagna Roll-ups with Meat Sauce, Italian Vegetables, Spinach	OR		OR		OR	
Fri.  = Bourbon Pork Chop, Sour Cream & Chive Mashed Potatoes, Roasted Brussel Sprouts	OR		OR		OR	

### Monday, February 20, 2023– Friday, February 24, 2023

FEATURED MEAL	OR	ALTERNATE MEALS				
Mon.  = Chicken Pot Pie, Green Beans, Malibu Blend	OR		OR		OR	
Tues.  = Chili Mac, Corn, Winter Blend	OR		OR		OR	
Wed.  = Swiss Steak, Scalloped Potatoes, Mixed Vegetables	OR		OR		OR	
Thurs.  = Ham & Beans with Cornbread, Carrots, European Vegetable Blend	OR		OR		OR	
Fri.  = Turkey Pot Roast with Gravy, Herb Mashed Potatoes, Green Beans	OR		OR		OR	

### Monday, February 27, 2023– Friday, March 3, 2023

FEATURED MEAL	OR	ALTERNATE MEALS				
Mon.  = Pork Burger Supreme, Winter Squash, Lima Beans	OR		OR		OR	
Tues.  = Baked Chicken with Gravy, Au Gratin Potatoes, Roasted Broccoli	OR		OR		OR	
Wed.  = Mac & Cheese, Stewed Tomatoes, Green Beans	OR		OR		OR	
Thurs.  = Turkey Unstuffed Peppers, Corn, Snap Peas	OR		OR		OR	
Fri.  = Homemade Salisbury Steak, Roasted Onion Potatoes, Carrots	OR		OR		OR	

### Monday, March 6, 2023– Friday, March 10, 2023

FEATURED MEAL	OR	ALTERNATE MEALS				
Mon.  = Chicken a la King with Biscuit, Kyoto Blend, Carrots	OR		OR		OR	
Tues.  = Sweet & Sour Beef, Rice, Cauliflower, Peas & Pearl Onions	OR		OR		OR	
Wed.  = Roast Pork with Stuffing, Roasted Butternut Squash, Apples	OR		OR		OR	
Thurs.  = Meatloaf with Gravy, Red Skin Potatoes, Spinach	OR		OR		OR	
Fri.  = Oriental Baked Chicken, Rice, Snap Peas, Oriental Vegetables	OR		OR		OR	

## YOUR ALTERNATE MEAL OPTIONS:



= Salisbury Steak with Gravy, Mashed Potatoes, Peas & Carrots




= Macaroni & Cheese, Carrots, Wax Beans






















= Breaded Pollock Fish (Traditions Frozen Meal), Vegetable Blend, Carrots

### Monday, March 13, 2023– Friday, March 17, 2023

FEATURED MEAL	ALTERNATE MEALS
<b>Mon.</b>  = Hawaiian Meatballs, Brown Rice, Normandy Blend, Lima Beans	OR  OR  OR 
<b>Tues.</b>  = Chicken Parmesan, Spaghetti Noodles, Italian Vegetable Blend, Peas	OR  OR  OR 
<b>Wed.</b>  = Beef Stew, Smashed Cauliflower, Green Beans	OR  OR  OR 
<b>Thurs.</b>  = Chicken & Noodle Casserole, Succotash, Carrots	OR  OR  OR 
<b>Fri.</b>  = Zesty Pot Roast with Rice, Corn O'Brien, Peas & Carrots	OR  OR  OR 

### Monday, March 20, 2023– Friday, March 24, 2023

FEATURED MEAL	ALTERNATE MEALS
<b>Mon.</b>  = Smothered Pork with Gravy, Mashed Potatoes, European Vegetable	OR  OR  OR 
<b>Tues.</b>  = Chicken with Gravy, Rice, Spinach, Corn	OR  OR  OR 
<b>Wed.</b>  = Beef Pepper Pattie with Mac & Cheese, Stewed Tomatoes, Green Beans	OR  OR  OR 
<b>Thurs.</b>  = Fajita Chicken, Cilantro Lime Rice with Black Beans, Normandy Blend Veggies	OR  OR  OR 
<b>Fri.</b>  = 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](https://mobilemeals.org/order)

(Type [mobilemeals.org/order](https://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