






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



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






















## YOUR ALTERNATE MEAL OPTIONS:

-  = Meatloaf with Gravy, Mashed Potatoes and Green Beans
-  = Spaghetti & Meatballs, Carrots and Zucchini
-  = Breaded Pollock Fish (Traditions Frozen Selection), Vegetable Blend, Carrots
-  = **NEW!** Plant Based Option - Spaghetti and Plant Based Meat Sauce, Carrots and Zucchini

### Monday, March 27, 2023– Friday, March 31, 2023

#### FEATURED MEAL


























#### ALTERNATE MEALS

<b>Mon.</b>  = Chicken & Mushroom with Marsala Gravy, Mashed Potatoes, Carrots - <i>No Alternative Choices This Day</i>	
<b>Taco Tues.</b>  = Beef Taco Meat, Corn Black Bean Blend, Peppers & Onions, Spanish Rice, Fritos	OR  OR  OR  OR 
<b>Wed.</b>  = Swedish Meatballs, Buttered Noodles, Oriental Blend, Asparagus	OR  OR  OR  OR 
<b>Thurs.</b>  = Lasagna Roll-ups with Meat Sauce, Italian Vegetables, Spinach	OR  OR  OR  OR 
<b>Fri.</b>  = Bourbon Pork Chop, Sour Cream & Chive Mashed Potatoes, Roasted Brussel Sprouts	OR  OR  OR  OR 

### Monday, April 3, 2023– Friday, April 7, 2023

#### FEATURED MEAL

#### ALTERNATE MEALS

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

CONTINUED ON BACK

## YOUR ALTERNATE MEAL OPTIONS:



= Meatloaf with Gravy, Mashed Potatoes and Green Beans



= Spaghetti & Meatballs, Carrots and Zucchini



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



= **NEW!** Plant Based Option - Spaghetti and Plant Based Meat Sauce, Carrots and Zucchini

### Monday, April 10, 2023– Friday, April 14, 2023

FEATURED MEAL	ALTERNATE MEALS
<b>Mon.</b> = Chicken Cordon Bleu Casserole, Normandy Blend, Lima Beans	OR  OR  OR  OR
<b>Tues.</b> = Baked Chicken with Gravy, Au gratin Potatoes, Roasted Broccoli	OR  OR  OR  OR
<b>Wed.</b> = Mac & Cheese, Stewed Tomatoes, Green Beans	OR  OR  OR  OR
<b>Thurs.</b> = Turkey Tetrizzini, Mixed Veggies, Snap Peas	OR  OR  OR  OR
<b>Fri.</b> = Homemade Salisbury Steak, Roasted Onion Potatoes, Carrots	OR  OR  OR  OR

### Monday, April 17, 2023– Friday, April 21, 2023

FEATURED MEAL	ALTERNATE MEALS
<b>Mon.</b> = Chicken a la King with Biscuit, Kyoto Blend, Carrots	OR  OR  OR  OR
<b>Tues.</b> = Sweet Sour Beef, Rice, Cauliflower, Peas & Pearl Onions	OR  OR  OR  OR
<b>Wed.</b> = Roast Pork with Stuffing, Roasted Butternut Squash, Apples	OR  OR  OR  OR
<b>Thurs.</b> = Meatloaf with Gravy, Red Skin Mashed Potatoes, Spinach	OR  OR  OR  OR
<b>Fri.</b> = Chicken Piccata w/ Lemon Dill Sauce, Rice Pilaf, Capri Vegetable, Roasted Broccoli	OR  OR  OR  OR

### Monday, April 24, 2023– Friday, April 28, 2023

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

### Monday, May 1, 2023– Friday, May 5, 2023

FEATURED MEAL	ALTERNATE MEALS
<b>Mon.</b> = Smothered Pork with Gravy, Spätzle, European Vegetables, Escaloped Apples	OR  OR  OR  OR
<b>Tues.</b> = Oriental Baked Chicken, Jasmine Rice, Snap Peas, Oriental Vegetables	OR  OR  OR  OR
<b>Wed.</b> = Beef Pepper Pattie, Mac & Cheese, Stewed Tomatoes, Green Beans	OR  OR  OR  OR
<b>Thurs.</b> = Fajita Chicken, Cilantro Lime Rice with Black Beans, Normandy Blend Veggies, Corn	OR  OR  OR  OR
<b>Fri.</b> = Italian Turkey Meatballs, Shell Macaroni, Broccoli, Kyoto Blend Veggies	OR  OR  OR  OR

## YOUR ALTERNATE MEAL OPTIONS:



= Meatloaf with Gravy, Mashed Potatoes and Green Beans



= Spaghetti & Meatballs, Carrots and Zucchini



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



= **NEW!** Plant Based Option - Spaghetti and Plant Based Meat Sauce, Carrots and Zucchini


### Monday, May 8, 2023– Friday, May 12, 2023

#### FEATURED MEAL


#### ALTERNATE MEALS

**Mon.**  = Chicken & Mushroom with Marsala Gravy, Mashed Potatoes, Carrots

OR  OR  OR  OR 

**Taco Tues.**  = Beef Taco Meat, Corn Black Bean Blend, Peppers & Onions, Spanish Rice, Fritos

OR  OR  OR  OR 

**Wed.**  = Swedish Meatballs, Buttered Noodles, Oriental Blend, Asparagus

OR  OR  OR  OR 

**Thurs.**  = Lasagna Roll-ups with Meat Sauce, Italian Vegetables, Spinach

OR  OR  OR  OR 

**Fri.**  = Bourbon Pork Chop, Sour Cream & Chive Mashed Potatoes, Roasted Brussel Sprouts

OR  OR  OR  OR 


### Monday, May 15, 2023– Friday, May 19, 2023

#### FEATURED MEAL

#### ALTERNATE MEALS

**Mon.**  = Chicken Pot Pie, Green Beans, Malibu Blend


OR  OR  OR  OR 

**Tues.**  = Chili Mac, Corn, Winter Blend

OR  OR  OR  OR 

**Wed.**  = Swiss Steak, Scalloped Potatoes, Mixed Vegetables

OR  OR  OR  OR 

**Thurs.**  = Turkey Ham & Beans, Cornbread, Carrots, European Vegetable Blend

OR  OR  OR  OR 

**Fri.**  = Turkey Pot Roast with Gravy, Herb Mashed Potatoes, Kyoto Blend

OR  OR  OR  OR 

### Monday, May 22, 2023– Friday, May 26, 2023

#### FEATURED MEAL


#### ALTERNATE MEALS

**Mon.**  = Chicken Cordon Bleu Casserole, Normandy Blend, Lima Beans

OR  OR  OR  OR 

**Tues.**  = Baked Chicken with Gravy, Au gratin Potatoes, Roasted Broccoli

OR  OR  OR  OR 

**Wed.**  = Mac & Cheese, Stewed Tomatoes, Green Beans

OR  OR  OR  OR 

**Thurs.**  = Turkey Tetrazzini, Mixed Veggies, Snap Peas

OR  OR  OR  OR 

**Fri.**  = Homemade Salisbury Steak, Roasted Onion Potatoes, Carrots

OR  OR  OR  OR 

### Monday, May 29, 2023– Friday, June 2, 2023

#### FEATURED MEAL

#### ALTERNATE MEALS

**Mon.**  = BBQ Boneless Chicken Thigh, Baked Potato, Green Bean w/ Bacon – *No Alternative Choices This Day*

**Tues.**  = Sweet Sour Beef, Rice, Cauliflower, Peas & Pearl Onions

OR  OR  OR  OR 

**Wed.**  = Roast Pork with Stuffing, Roasted Butternut Squash, Apples

OR  OR  OR  OR 

**Thurs.**  = Meatloaf with Gravy, Red Skin Mashed Potatoes, Spinach

OR  OR  OR  OR 

**Fri.**  = Chicken Piccata with Lemon Dill Sauce, Rice Pilaf, Capri Vegetable, Roasted Broccoli

OR  OR  OR  OR 

## YOUR ALTERNATE MEAL OPTIONS:



= Meatloaf with Gravy, Mashed Potatoes and Green Beans



= Spaghetti & Meatballs, Carrots and Zucchini



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



= **NEW!** Plant Based Option - Spaghetti and Plant Based Meat Sauce, Carrots and Zucchini

### Monday, June 5, 2023– Friday, June 9, 2023

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

### Monday, June 12, 2023– Friday, June 16, 2023

FEATURED MEAL	ALTERNATE MEALS
<b>Mon.</b> = Smothered Pork with Gravy, Spätzle, European Vegetable, Escalloped Apples	OR  OR  OR  OR
<b>Tues.</b> = Oriental Baked Chicken, Jasmine Rice, Snap Peas, Oriental Vegetables	OR  OR  OR  OR
<b>Wed.</b> = Beef Pepper Pattie, Mac & Cheese, Stewed Tomatoes, Green Beans	OR  OR  OR  OR
<b>Thurs.</b> = Fajita Chicken, Cilantro Lime Rice with Black Beans, Normandy Blend Veggies, Corn	OR  OR  OR  OR
<b>Fri.</b> = Italian Turkey Meatballs, Shell Macaroni, Broccoli, Kyoto Blend Veggies – <i>No Alternative Choices This Day</i>	

# 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](http://mobilemeals.org/order)

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