






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. **Go online to make your meal choices OR fill this form and give it 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 these menu choices online.























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

YOUR ALTERNATE MEAL OPTIONS:

-  = Meatloaf with Gravy, Mashed Potatoes & Capri Blend
-  = Chicken with Gravy, Sweet Potatoes, Peas
-  = Breaded Fish (Traditions Frozen Meal), Butternut Squash or Carrots & Veggie Blend
-  = Biscuit with Pepper Gravy, Egg Round and Turkey Sausage Link, Michigan Fruit and Glazed Carrots

Monday, Feb. 26, 2024 – Friday, March 1, 2024

FEATURED MEAL	ALTERNATE MEALS
Mon.  = Bourbon Chicken, Peas and Pearl Onions, Spiced Carrots - No Alternate Choice This Day	
Tues.  = Swedish Meatballs, Buttered Noodles, Caribbean Veg. Blend, Asparagus	OR  OR  OR  OR 
Wed.  = Turkey Divan, Baby Roasted Potatoes, Prince Charles Veggie Blend	OR  OR  OR  OR 
Thurs.  = Lasagna Roll-Up with Meat Sauce, Sicilian Blend Vegetables, Spinach	OR  OR  OR  OR 
Fri.  = Orange Marmalade Pork Chop, Scalloped Potatoes, Nantucket Blend Veggies	OR  OR  OR  OR 

Monday, March 4, 2024 – Friday, March 8, 2024

FEATURED MEAL	ALTERNATE MEALS
Mon.  = Chicken Ala King with Mini Biscuit, Green Beans, Malibu Blend Veggies	OR  OR  OR  OR 
Tues.  = Chicken Chili with Mini Corn Bread Muffin, Capri Blend, Winter Blend	OR  OR  OR  OR 
Wed.  = Teriyaki Pork with Rice, Far East Veggies, Yellow Wax Beans	OR  OR  OR  OR 
Thurs.  = Swiss Steak, Red Skin Mashed Potatoes, Asparagus	OR  OR  OR  OR 
Fri.  = Roast Turkey Breast with Corn Bread Stuffing & Gravy, Herb Mashed Potatoes, Dill Carrots	OR  OR  OR  OR 

CONTINUED ON BACK

YOUR ALTERNATE MEAL OPTIONS:



A = Meatloaf with Gravy, Mashed Potatoes & Capri Blend



B = Chicken with Gravy, Sweet Potatoes, Peas



C = Breaded Fish (Traditions Frozen Meal), Butternut Squash or Carrots & Veggie Blend



D = Biscuit with Pepper Gravy, Egg Round and Turkey Sausage Link, Michigan Fruit and Glazed Carrots

Monday, March 11, 2024 – Friday, March 15, 2024

FEATURED MEAL	ALTERNATE MEALS
Mon. = Chicken Turkey Bacon Ranch Pasta, Normandy Blend, Lima Beans	OR OR OR OR
Tues. = Greek Chicken with Orzo Rice Pilaf, Roasted Broccoli, Peas & Carrots	OR OR OR OR
Wed. = Unstuffed Cabbage Roll Casserole, California Blend, Mixed Vegetables	OR OR OR OR
Thurs. = Pizza Casserole, Cauliflower, Scandinavian Blend	OR OR OR OR
Fri. = Homemade Beef Pepper Pattie, Mac n' Cheese, Stewed Tomatoes, Green Beans	OR OR OR OR

Monday, March 18, 2024 – Friday, March 22, 2024

FEATURED MEAL	ALTERNATE MEALS
Mon. = Caprese Chicken, Kyoto Blend, Sautéed Zucchini and Yellow Squash	OR OR OR OR
Tues. = Chicken Fried Rice, Venetian Blend Vegetable & Carrots	OR OR OR OR
Wed. = French Onion Pork, Roasted Root Veg Blend & Broccoli	OR OR OR OR
Thurs. = Artisan Mac & Cheese, California Blend, Green Beans	OR OR OR OR
Fri. = Beef and Noodles, Capri Vegetables, Peas	OR OR OR OR





Monday, March 25, 2024 – Friday, March 29, 2024

FEATURED MEAL	ALTERNATE MEALS
Mon. = Campfire Meatloaf, Corn, Normandy Blend	OR OR OR OR
Tues. = Breaded Chicken Parmesan, Spaghetti, Italian Vegetables, Peas & Pearl Onions	OR OR OR OR
Wed. = Beef Pot Pie, Smashed Cauliflower, Green Beans	OR OR OR OR
Thurs. = Turkey & Noodles, Succotash, Carrots	OR OR OR OR
Fri. = Chicken Fried Chicken Steak with Pepper Gravy, Mashed Potatoes, Peas and Carrots	OR OR OR OR

























Monday, April 1, 2024 – Friday, April 5, 2024

FEATURED MEAL	ALTERNATE MEALS
Mon. = Winter Roast Pork with Gravy, Winter Hubbard Squash, Nantucket Veg. Blend	OR OR OR OR
Tues. = Oriental Beef & Broccoli, Jasmine Rice, Snap Peas, Rivera Blend Vegetables	OR OR OR OR
Wed. = Turkey Burger Patty Melt, Roasted Brussel Sprouts, Kyoto Vegetable Blend	OR OR OR OR
Thurs. = Chicken Taco Bake, Normandy Blend Vegetables, Peas	OR OR OR OR
Fri. = Zesty Pot Roast, Mashed Potatoes, Northwest Veggie Blend	OR OR OR OR

YOUR ALTERNATE MEAL OPTIONS:

-  = Meatloaf with Gravy, Mashed Potatoes & Capri Blend
-  = Chicken with Gravy, Sweet Potatoes, Peas
-  = Breaded Fish (Traditions Frozen Meal), Butternut Squash or Carrots & Veggie Blend
-  = Biscuit with Pepper Gravy, Egg Round and Turkey Sausage Link, Michigan Fruit and Glazed Carrots


Monday, April 8, 2024 – Friday, April 12, 2024

FEATURED MEAL	ALTERNATE MEALS
Mon.  = Bourbon Chicken, Peas and Pearl Onions, Spiced Carrots	OR  OR  OR  OR 
Tues.  = Swedish Meatballs, Buttered Noodles, Caribbean Veg. Blend, Asparagus	OR  OR  OR  OR 
Wed.  = Turkey Divan, Baby Tricolor Roasted Potatoes, Prince Charles Veggie Blend	OR  OR  OR  OR 
Thurs.  = Lasagna Roll-Up with Meat Sauce, Sicilian Blend Vegetables, Spinach	OR  OR  OR  OR 
Fri.  = Orange Marmalade Pork Chop, Scalloped Potatoes, Nantucket Blend Veggies	OR  OR  OR  OR 





Monday, April 15, 2024 – Friday, April 19, 2024

FEATURED MEAL	ALTERNATE MEALS
Mon.  = Chicken Ala King with Mini Biscuit, Green Beans, Malibu Blend Veggies	OR  OR  OR  OR 
Tues.  = Chicken Chili with Mini Corn Bread Muffin, Capri Blend, Winter Blend	OR  OR  OR  OR 
Wed.  = Teriyaki Pork with Rice, Far East Veg, Yellow Wax Beans	OR  OR  OR  OR 
Thurs.  = Swiss Steak, Red Skin Mashed Potatoes, Asparagus	OR  OR  OR  OR 
Fri.  = Roast Turkey Breast with Corn Bread Stuffing & Gravy, Herb Mashed Potatoes, Dill Carrots	OR  OR  OR  OR 





Monday, April 22, 2024 – Friday, April 26, 2024

FEATURED MEAL	ALTERNATE MEALS
Mon.  = Chicken Turkey Bacon Ranch Pasta, Normandy Blend, Lima Beans	OR  OR  OR  OR 
Tues.  = Greek Chicken with Orzo Rice Pilaf, Roasted Broccoli, Peas and Carrots	OR  OR  OR  OR 
Wed.  = Unstuffed Cabbage Roll Casserole, California Blend, Mixed Vegetables	OR  OR  OR  OR 
Thurs.  = Pizza Casserole, Cauliflower, Scandinavian Blend	OR  OR  OR  OR 
Fri.  = Homemade Beef Pepper Pattie, Mac n' Cheese, Stewed Tomatoes, Green Beans	OR  OR  OR  OR 


























Monday, April 29, 2024 – Friday, May 3, 2024

FEATURED MEAL	ALTERNATE MEALS
Mon.  = Caprese Chicken, Kyoto Blend, Sautéed Zucchini & Yellow Squash	OR  OR  OR  OR 
Tues.  = Chicken Fried Rice, Venetian Blend Vegetable & Carrots	OR  OR  OR  OR 
Wed.  = French Onion Pork, Roasted Root Veggie Blend and Broccoli	OR  OR  OR  OR 
Thurs.  = Artisan Mac & Cheese, California Blend, Green Beans	OR  OR  OR  OR 
Fri.  = Beef and Noodles, Capri Vegetables, Peas	OR  OR  OR  OR 

YOUR ALTERNATE MEAL OPTIONS:

-  = Meatloaf with Gravy, Mashed Potatoes & Capri Blend
-  = Chicken with Gravy, Sweet Potatoes, Peas
-  = Breaded Fish (Traditions Frozen Meal), Butternut Squash or Carrots & Veggie Blend
-  = Biscuit with Pepper Gravy, Egg Round and Turkey Sausage Link, Michigan Fruit and Glazed Carrots

Monday, May 6, 2024 – Friday, May 10, 2024

FEATURED MEAL	ALTERNATE MEALS
Mon.  = Campfire Meatloaf, Corn, Normandy Blend	OR  OR  OR  OR 
Tues.  = Breaded Chicken Parmesan, Spaghetti, Italian Veggie Blend, Peas & Pearl Onions	OR  OR  OR  OR 
Wed.  = Beef Pot Pie, Smashed Cauliflower, Green Beans	OR  OR  OR  OR 
Thurs.  = Turkey & Noodles, Succotash, Carrots	OR  OR  OR  OR 
Fri.  = Chicken Fried Chicken Steak with Gravy, Mashed Potatoes, Peas and Carrots	OR  OR  OR  OR 

Monday, May 13, 2024 – Friday, May 17, 2024

FEATURED MEAL	ALTERNATE MEALS
Mon.  = Winter Roast Pork with Gravy, Winter Hubbard Squash, Nantucket Veggie Blend	OR  OR  OR  OR 
Tues.  = Oriental Beef and Broccoli, Jasmine Rice, Snap Peas, Rivera Veggie Blend	OR  OR  OR  OR 
Wed.  = Turkey Burger Patty Melt, Roasted Brussel Sprouts, Kyoto Vegetable Blend	OR  OR  OR  OR 
Thurs.  = Chicken Taco Bake, Normandy Blend Vegetables, Peas	OR  OR  OR  OR 
Fri.  = Zesty Pot Roast, Mashed Potatoes, Northwest Veggie Blend – No Alternate Choice This Day	

You can make these 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