






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

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

-  = Salisbury Steak with Gravy, Mashed Potatoes, Capri Blend
-  = BBQ Chicken, Au Gratin Potatoes, Green Beans
-  = Tuna Patty with Tartar Sauce, Peas & Carrots, Potato Medley
-  = Spinach Bacon Quiche, Escalloped Apples, Carrots





### Monday, May 20, 2024 – Friday, May 24, 2024

FEATURED MEAL	ALTERNATE MEALS
Mon.  = Sweet & Sour Chicken, Rice, Oriental Veggie Blend, Carrots - <b>No Alternate Choice This Day</b>	
Tues.  = Swedish Meatballs, Buttered Noodles, Caribbean Veg. Blend, Asparagus	OR  OR  OR  OR 
Wed.  = Sliced Turkey with Corn Bread Stuffing & Gravy, Herb Mashed Potatoes, Veggie Blend	OR  OR  OR  OR 
Thurs.  = Lasagna Roll-Up with Meat Sauce, Sicilian Blend Vegetables, Spinach	OR  OR  OR  OR 
Fri.  = Peach Glazed Pork Chop, Scalloped Potatoes, Nantucket Blend Veggies	OR  OR  OR  OR 

### Monday, May 27, 2024 – Friday, May 31, 2024

FEATURED MEAL	ALTERNATE MEALS
Mon.  = Grilled Chicken Breast, Veggie Blend, Baby Tricolored Potatoes - <b>No Alternate Choice This Day</b>	
Tues.  = Chicken Philly with Bun, 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.  = Turkey Tetrizzini, Peas & Pearl Onions, Dill Carrots	OR  OR  OR  OR 


























## YOUR ALTERNATE MEAL OPTIONS:

-  = Salisbury Steak with Gravy, Mashed Potatoes, Capri Blend
-  = BBQ Chicken, Au Gratin Potatoes, Green Beans
-  = Tuna Patty with Tartar Sauce, Peas & Carrots, Potato Medley
-  = Spinach Bacon Quiche, Escalloped Apples, Carrots






















### Monday, June 3, 2024 – Friday, June 7, 2024

FEATURED MEAL	ALTERNATE MEALS
<b>Mon.</b>  = Chicken Cordon Bleu Casserole with Turkey Ham, Normandy Blend, Lima Beans	OR  OR  OR  OR 
<b>Tues.</b>  = Italian Baked Chicken Breast, Wild Rice, Roasted Broccoli, Peas & Carrots	OR  OR  OR  OR 
<b>Wed.</b>  = Unstuffed Cabbage Roll Casserole, California Blend, Mixed Vegetables	OR  OR  OR  OR 
<b>Thurs.</b>  = Sloppy Joe Macaroni & Cheese, Cauliflower, Scandinavian Blend	OR  OR  OR  OR 
<b>Fri.</b>  = Homemade Beef Pepper Pattie, Mac n' Cheese, Stewed Tomatoes, Green Beans	OR  OR  OR  OR 


























### Monday, June 10, 2024 – Friday, June 14, 2024

FEATURED MEAL	ALTERNATE MEALS
<b>Mon.</b>  = Caprese Chicken, Kyoto Blend, Sautéed Zucchini and Yellow Squash	OR  OR  OR  OR 
<b>Tues.</b>  = Chicken Fried Rice, Venetian Blend Vegetable & Carrots	OR  OR  OR  OR 
<b>Wed.</b>  = Smothered Pork Chop with Onions & Mushrooms, Roasted Root Veg Blend & Broccoli	OR  OR  OR  OR 
<b>Thurs.</b>  = Homemade Mac & Cheese, Malibu Veggie Blend, Green Beans	OR  OR  OR  OR 
<b>Fri.</b>  = Beef Stew, Capri Vegetable, Roasted Potatoes	OR  OR  OR  OR 





### Monday, June 17, 2024 – Friday, June 21, 2024

FEATURED MEAL	ALTERNATE MEALS
<b>Mon.</b>  = Meatloaf with Gravy, Corn, Normandy Veggie Blend, Special Dessert	OR  OR  OR  OR 
<b>Tues.</b>  = Breaded Chicken Parmesan, Spaghetti, Italian Vegetables, Peas & Pearl Onions	OR  OR  OR  OR 
<b>Wed.</b>  = Pork Burger Supreme, Paco Veg. Blend, Smashed Cauliflower	OR  OR  OR  OR 
<b>Thurs.</b>  = Turkey & Noodles, Succotash, Carrots	OR  OR  OR  OR 
<b>Fri.</b>  = Chicken Fried Steak with Pepper Gravy, Mashed Potatoes, Peas & Carrots	OR  OR  OR  OR 






















### Monday, June 24, 2024 – Friday, June 28, 2024

FEATURED MEAL	ALTERNATE MEALS
<b>Mon.</b>  = BBQ Pulled Pork, Baked Beans, Winter Veggie Blend	OR  OR  OR  OR 
<b>Tues.</b>  = Beef Pepper Steak, Jasmine Rice, Snap Peas, Rivera Blend Vegetables	OR  OR  OR  OR 
<b>Wed.</b>  = Turkey Burger Patty Melt, Roasted Brussel Sprouts, Kyoto Vegetable Blend	OR  OR  OR  OR 
<b>Thurs.</b>  = Chicken Taco Bake, Normandy Blend Vegetables, Peas	OR  OR  OR  OR 
<b>Fri.</b>  = Zesty Pot Roast, Mashed Potatoes, Northwest Veggie Blend	OR  OR  OR  OR 


























## YOUR ALTERNATE MEAL OPTIONS:

-  = Salisbury Steak with Gravy, Mashed Potatoes, Capri Blend
-  = BBQ Chicken, Au Gratin Potatoes, Green Beans
-  = Tuna Patty with Tartar Sauce, Peas & Carrots, Potato Medley
-  = Spinach Bacon Quiche, Escalloped Apples, Carrots

### Monday, July 1, 2024 – Friday, July 5, 2024

FEATURED MEAL	ALTERNATE MEALS
<b>Mon.</b>  = Sweet & Sour Chicken, Rice, Oriental Veg. Blend, Carrots	OR  OR  OR  OR 
<b>Tues.</b>  = Swedish Meatballs, Buttered Noodles, Caribbean Veg. Blend, Asparagus	OR  OR  OR  OR 
<b>Wed.</b>  = Sliced Turkey with Corn Bread Stuffing & Gravy, Herb Mashed Potatoes, Veggie Blend	OR  OR  OR  OR 
<b>Thurs.</b>  = BBQ Boneless Pork Rib, Roasted Potato Medley, Normandy Veg. Blend - <b>No Alternate Choice This Day</b>	
<b>Fri.</b>  = Peach Glazed Pork Chop, Scalloped Potatoes, Nantucket Blend Veggies	OR  OR  OR  OR 


























### Monday, July 8, 2024 – Friday, July 12, 2024

FEATURED MEAL	ALTERNATE MEALS
<b>Mon.</b>  = Grilled Chicken Breast, Veggie Blend, Baby Tricolored Potatoes	OR  OR  OR  OR 
<b>Tues.</b>  = Chicken Philly with Bun, Capri Blend, Winter Blend	OR  OR  OR  OR 
<b>Wed.</b>  = Teriyaki Pork with Rice, Far East Veg, Yellow Wax Beans	OR  OR  OR  OR 
<b>Thurs.</b>  = Swiss Steak, Red Skin Mashed Potatoes, Asparagus	OR  OR  OR  OR 
<b>Fri.</b>  = Turkey Tetrazzini, Pea & Pearl Onions, Dill Carrots	OR  OR  OR  OR 

### Monday, July 15, 2024 – Friday, July 19, 2024





FEATURED MEAL	ALTERNATE MEALS
<b>Mon.</b>  = Chicken Cordon Bleu Casserole w/ Turkey Ham, Normandy Blend, Lima Beans	OR  OR  OR  OR 
<b>Tues.</b>  = Italian Baked Chicken Breast, Wild Rice, Roasted Broccoli, Peas & Carrots	OR  OR  OR  OR 
<b>Wed.</b>  = Unstuffed Cabbage Roll Casserole, California Blend, Mixed Vegetables	OR  OR  OR  OR 
<b>Thurs.</b>  = Sloppy Joe Macaroni & Cheese, Cauliflower, Scandinavian Blend	OR  OR  OR  OR 
<b>Fri.</b>  = Homemade Beef Pepper Pattie, Mac n' Cheese, Stewed Tomatoes, Green Beans	OR  OR  OR  OR 

### Monday, July 22, 2024 – Friday, July 26, 2024




















FEATURED MEAL	ALTERNATE MEALS
<b>Mon.</b>  = Caprese Chicken, Kyoto Blend, Sautéed Zucchini & Yellow Squash	OR  OR  OR  OR 
<b>Tues.</b>  = Chicken Fried Rice, Venetian Blend Vegetable & Carrots	OR  OR  OR  OR 
<b>Wed.</b>  = Smothered Pork Chop with Onions & Mushrooms, Roasted Root Veg Blend & Broccoli	OR  OR  OR  OR 
<b>Thurs.</b>  = Homemade Mac & Cheese, Malibu Veggie Blend, Green Beans	OR  OR  OR  OR 
<b>Fri.</b>  = Beef Stew, Capri Vegetable, Roasted Potatoes	OR  OR  OR  OR 

CONTINUED ON BACK

## YOUR ALTERNATE MEAL OPTIONS:

-  = Salisbury Steak with Gravy, Mashed Potatoes, Capri Blend
-  = BBQ Chicken, Au Gratin Potatoes, Green Beans
-  = Tuna Patty with Tartar Sauce, Peas & Carrots, Potato Medley
-  = Spinach Bacon Quiche, Escalloped Apples, Carrots

### Monday, July 29, 2024 – Friday, August 2, 2024

FEATURED MEAL	ALTERNATE MEALS
<b>Mon.</b>  = Meatloaf with Gravy, Corn, Normandy Veggie Blend	OR  OR  OR  OR 
<b>Tues.</b>  = Breaded Chicken Parmesan, Spaghetti, Italian Veggie Blend, Peas & Pearl Onions	OR  OR  OR  OR 
<b>Wed.</b>  = Pork Burger Supreme, Paco Veggie Blend, Smashed Cauliflower	OR  OR  OR  OR 
<b>Thurs.</b>  = Turkey & Noodles, Succotash, Carrots	OR  OR  OR  OR 
<b>Fri.</b>  = Chicken Fried Steak with Gravy, Mashed Potatoes, Peas and Carrots	OR  OR  OR  OR 

### Monday, August 5, 2024 – Friday, August 9, 2024

FEATURED MEAL	ALTERNATE MEALS
<b>Mon.</b>  = BBQ Pulled Pork, Baked Beans, Winter Veggie Blend	OR  OR  OR  OR 
<b>Tues.</b>  = Beef Pepper Steak, Jasmine Rice, Snap Peas, Rivera Veggie Blend	OR  OR  OR  OR 
<b>Wed.</b>  = Turkey Burger Patty Melt, Roasted Brussel Sprouts, Kyoto Vegetable Blend	OR  OR  OR  OR 
<b>Thurs.</b>  = Chicken Taco Bake, Normandy Blend Vegetables, Peas	OR  OR  OR  OR 
<b>Fri.</b>  = Zesty Pot Roast, Mashed Potatoes, Northwest Veggie Blend – <b>No Alternate Choice This Day</b>	

# 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](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