






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:

-  = Beef Pepper Steak, Rice, Carrots, Green Beans
-  = Turkey Tetrizzini, California Veggies. Blend, Green Beans
-  = Stuffed Peppers with Plant Based Beef, Capri Veg. Blend, Potato Medley
-  = Breakfast Sandwich: Egg Round, Chicken Sausage, Cheese, Bun, Baked Apples, Potato Medley

Monday, August 12, 2024 – Friday, August 16, 2024

FEATURED MEAL	ALTERNATE MEALS
Mon.  = Tossed Salad: Diced Turkey, Turkey Ham, Cheese, Egg, Tomatoes, Dressing	OR  OR  OR  OR 
Tues.  = Swedish Meatballs, Buttered Noodles, Caribbean Veg. Blend, Asparagus	OR  OR  OR  OR 
Wed.  = Turkey Stuffing Casserole, Mashed Potatoes, Prince Charles Veggies	OR  OR  OR  OR 
Thurs.  = Unstuffed Shell Casserole, Sicilian Veggies Blend, Spinach	OR  OR  OR  OR 
Fri.  = Blackberry Dijon Pork Chop, Scalloped Potatoes, Nantucket Blend Veggies	OR  OR  OR  OR 

Monday, August 19, 2024 – Friday, August 23, 2024

FEATURED MEAL	ALTERNATE MEALS
Mon.  = Vegetable Chili, Rice, Northwest Veggie Blend, Butternut Squash 	OR  OR  OR  OR 
Tues.  = Mushroom Burgundy Chicken, Baby Tricolored Potatoes, Zucchini	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, Green Beans	OR  OR  OR  OR 
Fri.  = Chicken Paprikash, Spaetzle Noodles, Peas & Pearl Onions, Carrots	OR  OR  OR  OR 

 = SELECTION DOESN'T CONTAIN MEAT

CONTINUED ON BACK

YOUR ALTERNATE MEAL OPTIONS:



= Beef Pepper Steak, Rice, Carrots, Green Beans



= Turkey Tetrizzini, California Veggies. Blend, Green Beans



= Stuffed Peppers with Plant Based Beef, Capri Veg. Blend, Potato Medley



= Breakfast Sandwich: Egg Round, Chicken Sausage, Cheese, Bun, Baked Apples, Potato Medley

Monday, August 26, 2024 – Friday, August 30, 2024

FEATURED MEAL	ALTERNATE MEALS
Mon. = Baked Ziti, Normandy Blend, Lima Beans	OR OR OR OR
Tues. = Monterey Chicken Florentine, Roasted Broccoli, Peas & Carrots	OR OR OR OR
Wed. = BBQ Pulled Turkey, Roasted Root Veggies Blend, Corn	OR OR OR OR
Thurs. = Sweet & Sour Chicken, Rice, Oriental Veggie Blend, Carrots	OR OR OR OR
Fri. = Homemade Beef Pepper Pattie, Mac & Cheese, Stewed Tomatoes, Green Beans	OR OR OR OR

Monday, September 2, 2024 (Labor Day) – Friday, September 6, 2024

FEATURED MEAL	ALTERNATE MEALS
Mon. = Harvest Chicken Salad, Lettuce, Tomatoes, Grapes, Grandma's Coleslaw, Roll	OR OR OR OR
Tues. = Chicken Fried Rice, Venetian Blend Vegetable & Carrots	OR OR OR OR
Wed. = Green Bean Casserole Pork Chop, Scalloped Potatoes, Scandinavian Veggie Blend	OR OR OR OR
Thurs. = Pineapple Salsa Chicken, Nantucket Veggie Blend, Zucchini	OR OR OR OR
Fri. = Beef Stew, Capri Vegetable, Roasted Potatoes	OR OR OR OR

Monday, September 9, 2024 – Friday, September 13, 2024

FEATURED MEAL	ALTERNATE MEALS
Mon. = Macaroni & Cheese, Green Beans, Malibu Veggie Blend	OR OR OR OR
Tues. = Ham Loaf, Italian Veg. Blend, Peas & Pearl Onions	OR OR OR OR
Wed. = Salisbury Steak with Gravy, Paco Veggie Blend, Smashed Cauliflower	OR OR OR OR
Thurs. = Turkey & Noodles, Turnip Greens, Carrots	OR OR OR OR
Fri. = Chicken Fried Steak with Pepper Gravy, Red Skin Mashed Potatoes, Peas & Carrots	OR OR OR OR

Monday, September 16, 2024 – Friday, September 20, 2024

FEATURED MEAL	ALTERNATE MEALS
Mon. = Pasta Primavera, Spinach, Riviera Veggie Blend	OR OR OR OR
Tues. = General Tso Chicken, Rice, Far East Veg. Blend, Capri Veggie Blend	OR OR OR OR
Wed. = Hawaiian Turkey Burger, Roasted Brussel Sprouts, Kyoto Veggie Blend	OR OR OR OR
Thurs. = Meatloaf with Gravy, Winter Hubbard Squash, Normandy Veggie Blend	OR OR OR OR
Fri. = Zesty Pot Roast, Mashed Potatoes, Northwest Veggie Blend	OR OR OR OR

= SELECTION DOESN'T CONTAIN MEAT

YOUR ALTERNATE MEAL OPTIONS:



A = Beef Pepper Steak, Rice, Carrots, Green Beans



B = Turkey Tetrizzini, California Veggies. Blend, Green Beans



C = Stuffed Peppers with Plant Based Beef, Capri Veg. Blend, Potato Medley



D = Breakfast Sandwich: Egg Round, Chicken Sausage, Cheese, Bun, Baked Apples, Potato Medley

Monday, September 23, 2024 – Friday, September 27, 2024

FEATURED MEAL	ALTERNATE MEALS
Mon. = Tossed Salad: Turkey, Turkey Ham, Cheese, Egg, Tomatoes, Dressing	OR OR OR OR
Tues. = Swedish Meatballs, Buttered Noodles, Caribbean Veg. Blend, Asparagus	OR OR OR OR
Wed. = Turkey Stuffing Casserole, Mashed Potatoes, Prince Charles Veggie Blend	OR OR OR OR
Thurs. = Unstuffed Shell Casserole, Sicilian Veggie Blend, Spinach	OR OR OR OR
Fri. = Blackberry Dijon Pork Chop, Scalloped Potatoes, Nantucket Veggie Blend	OR OR OR OR

Monday, September 30, 2024 – Friday, October 4, 2024

FEATURED MEAL	ALTERNATE MEALS
Mon. = Vegetable Chili, Rice, Northwest Veggie Blend, Butternut Squash	OR OR OR OR
Tues. = Mushroom Burgundy Chicken, Baby Tricolored Potatoes, Zucchini	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, Green Beans	OR OR OR OR
Fri. = Chicken Paprikash, Peas & Pearl Onions, Carrots	OR OR OR OR

Monday, October 7, 2024 – Friday, October 11, 2024

FEATURED MEAL	ALTERNATE MEALS
Mon. = Baked Ziti, Normandy Blend, Lima Beans	OR OR OR OR
Tues. = Monterey Chicken Florentine, Roasted Broccoli, Peas & Carrots	OR OR OR OR
Wed. = BBQ Pulled Turkey, Roasted Root Veggie Blend, Corn	OR OR OR OR
Thurs. = Sweet & Sour Chicken, Rice, Oriental Veggie Blend, Carrots	OR OR OR OR
Fri. = Homemade Beef Pepper Pattie, Mac & Cheese, Stewed Tomatoes, Green Beans	OR OR OR OR

Monday, October 14, 2024 – Friday, October 18, 2024

FEATURED MEAL	ALTERNATE MEALS
Mon. = Egg Plant Parmesan, Noodles, Kyoto Veggies, Sautéed Zucchini & Squash	OR OR OR OR
Tues. = Chicken Fried Rice, Venetian Veggie Blend, Carrots	OR OR OR OR
Wed. = Green Bean Casserole Pork Chop, Scalloped Potatoes, Scandinavian Veggie Blend	OR OR OR OR
Thurs. = Pineapple Salsa Chicken, Nantucket Veggie Blend, Zucchini	OR OR OR OR
Fri. = Beef Stew, Capri Vegetable, Roasted Potatoes	OR OR OR OR

= SELECTION DOESN'T CONTAIN MEAT

CONTINUED ON BACK

YOUR ALTERNATE MEAL OPTIONS:



= Beef Pepper Steak, Rice, Carrots, Green Beans



= Turkey Tetrizzini, California Veggies. Blend, Green Beans



= Stuffed Peppers with Plant Based Beef, Capri Veg. Blend, Potato Medley



= Breakfast Sandwich: Egg Round, Chicken Sausage, Cheese, Bun, Baked Apples, Potato Medley

Monday, October 21, 2024 – Friday, October 25, 2024

FEATURED MEAL

Mon. = Macaroni & Cheese, Green Beans, Malibu Veggie Blend

Tues. = Ham Loaf, Italian Veg. Blend, Peas & Pearl Onions

Wed. = Salisbury Steak with Gravy, Paco Veggie Blend, Smashed Cauliflower

Thurs. = Turkey & Noodles, Turnip Greens, Carrots

Fri. = Chicken Fried Steak with Pepper Gravy, Red Skin Mashed Potatoes, Peas & Carrots

ALTERNATE MEALS

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Monday, October 28, 2024 – Friday, November 1, 2024

FEATURED MEAL

Mon. = Pasta Primavera, Spinach, Riviera Veggie Blend

Tues. = General Tso Chicken, Rice, Far East Veggie Blend, Capri Veggie Blend

Wed. = Hawaiian Turkey Burger, Roasted Brussel Sprouts, Kyoto Vegetable Blend

Thurs. = Meatloaf with Gravy, Winter Hubbard Squash, Normandy Veggie Blend

Fri. = Zesty Pot Roast, Mashed Potatoes, Northwest Veggie Blend – **No Alternate Choice This Day**

ALTERNATE MEALS

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= SELECTION DOESN'T CONTAIN MEAT

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