






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:

-  = Lasagna Roll-Up, Meat Sauce, Capri Veggie Blend, Zucchini
-  = Chicken with Stuffing, California Veggie Blend, Green Beans
-  = Tradition's Breaded Fish/Breaded Pollock, Vegetable Blend, Peas
-  = Breakfast Sandwich: Egg Round, Chicken Sausage, Cheese, Bun, Baked Apples, Potato Medley

Monday, November 4, 2024 – Friday, November 8, 2024

FEATURED MEAL	ALTERNATE MEALS
Mon.  = Vegetable Ratatouille, Butternut Squash, Scandinavian Veggie Blend 	OR  OR  OR  OR 
Tues.  = Cranberry BBQ Meatballs, Rice, Caribbean Veg. Blend, Asparagus	OR  OR  OR  OR 
Wed.  = Turkey Stuffing Casserole, Corn, Prince Charles Veggies	OR  OR  OR  OR 
Thurs.  = Unstuffed Shell Casserole, Sicilian Veggies Blend, Spinach	OR  OR  OR  OR 
Fri.  = Apple Cinnamon Pork Chop, Scalloped Potatoes, Nantucket Blend Veggies	OR  OR  OR  OR 

Monday, November 11, 2024 – Friday, November 15, 2024

FEATURED MEAL	ALTERNATE MEALS
Mon.  = Artisan Macaroni & Cheese, Zucchini, Northwest Veggie Blend 	OR  OR  OR  OR 
Tues.  = Mushroom Burgundy Chicken, Baby Tricolored Potatoes, Snap Peas	OR  OR  OR  OR 
Wed.  = Winter Roast Pork, Hubbard/Winter Squash, Winter Veggie Blend	OR  OR  OR  OR 
Thurs.  = Swiss Steak, Red Skin Mashed Potatoes, Green Beans	OR  OR  OR  OR 
Fri.  = Oriental Chicken, Rice, Far East Veggie Blend, Yellow Wax Beans	OR  OR  OR  OR 

 = SELECTION DOESN'T CONTAIN MEAT

CONTINUED ON BACK

YOUR ALTERNATE MEAL OPTIONS:



= Lasagna Roll-Up, Meat Sauce, Capri Veggie Blend, Zucchini



= Chicken with Stuffing, California Veggie Blend, Green Beans



= Tradition's Breaded Fish/Breaded Pollock, Vegetable Blend, Peas



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

Monday, November 18, 2024 – Friday, November 22, 2024

FEATURED MEAL	ALTERNATE MEALS
Mon. = Mushroom Barley Stew, Lima Beans, Normandy Veggie Blend	OR OR OR OR
Tues. = Monterey Chicken Florentine, Roasted Broccoli, Peas & Carrots	OR OR OR OR
Wed. = Turkey Pot Roast with Gravy, Herbed Mashed Potatoes, Roasted Brussel Sprouts	OR OR OR OR
Thurs. = Chicken Paprikash, Spaetzle Noodles, Carrots, Venetian Veggie Blend	OR OR OR OR
Fri. = Homemade Salisbury Steak w/ Gravy, Paco Veggie Blend, Smashed Cauliflower	OR OR OR OR

Monday, November 25, 2024 – Friday, November 29, 2024

FEATURED MEAL	ALTERNATE MEALS
Mon. = Vegetable Lasagna, Italian Veggie Blend, Peas & Pearl Onions	OR OR OR OR
Tues. = Chicken & Noodles, Turnip Greens, Carrots - <i>No Alternate Choices This Day</i>	
Wed. = French Onion Pork Chop, Scalloped Potatoes, Scandinavian Veggie Blend - <i>No Alternate Choices This Day</i>	
Thurs. = Turkey, Dressing, Gravy, Redskin Mashed Potatoes, Green Bean Casserole - <i>No Alternate Choices This Day</i>	
Fri. = Pizza Burger, Bun, Succotash, California Veggie Blend	OR OR OR OR

Monday, December 2, 2024 – Friday, December 6, 2024

FEATURED MEAL	ALTERNATE MEALS
Mon. = Soup & Sandwich: Beef Vegetable Soup, Turkey & Cheese Sandwich	OR OR OR OR
Tues. = Ham Loaf, Malibu Veggie Blend, Potato Medley	OR OR OR OR
Wed. = Chicken Broccoli Rice Casserole, Yellow Squash, Key West Veggie Blend	OR OR OR OR
Thurs. = Chicken Pot Pie, Harvest Veggie Blend, Kyoto Veggie Blend	OR OR OR OR
Fri. = Beef Stew, Capri Veggie Blend, Roasted Potatoes	OR OR OR OR

Monday, December 9, 2024 – Friday, December 13, 2024

FEATURED MEAL	ALTERNATE MEALS
Mon. = Pasta Primavera, Spinach, Prince Charles Veggie Blend	OR OR OR OR
Tues. = General Tso Chicken, Rice, Capri Veggie Blend, Far East Veggie Blend	OR OR OR OR
Wed. = Italian Turkey Meatballs, Spaghetti, Mixed Veg Blend, Winter Veggie Blend	OR OR OR OR
Thurs. = Cuban Pork Roast, Carrots, Black Beans & Rice	OR OR OR OR
Fri. = Bourbon Pot Roast, Mashed Potatoes, Northwest Veggie Blend	OR OR OR OR

= SELECTION DOESN'T CONTAIN MEAT

YOUR ALTERNATE MEAL OPTIONS:



A = Lasagna Roll-Up, Meat Sauce, Capri Veggie Blend, Zucchini



B = Chicken with Stuffing, California Veggie Blend, Green Beans



C = Tradition's Breaded Fish/Breaded Pollock, Vegetable Blend, Peas



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

Monday, December 16, 2024 – Friday, December 20, 2024

FEATURED MEAL	ALTERNATE MEALS
Mon. = Vegetable Ratatouille, Butternut Squash, Scandinavian Veggie Blend	OR OR OR OR
Tues. = Cranberry BBQ Meatballs, Rice, Caribbean Veggie Blend, Asparagus	OR OR OR OR
Wed. = Turkey Stuffing Casserole, Corn, Prince Charles Veggie Blend	OR OR OR OR
Thurs. = Unstuffed Shell Casserole, Sicilian Veggie Blend, Spinach	OR OR OR OR
Fri. = Apple Cinnamon Pork Chop, Scalloped Potatoes, Nantucket Veggie Blend	OR OR OR OR

Monday, December 23, 2024 – Friday, December 27, 2024

FEATURED MEAL	ALTERNATE MEALS
Mon. = Artisan Macaroni & Cheese, Zucchini, Northwest Veggie Blend	OR OR OR OR
Tues. = Mushroom Burgundy Chicken, Baby Tricolored Potatoes, Snap Peas - <i>No Alternate Choices This Day</i>	
Wed. = Ham, Roasted Butternut Squash, Twice Baked Potato Casserole - <i>No Alternate Choices This Day</i>	
Thurs. = Swiss Steak, Red Skin Mashed Potatoes, Green Beans - <i>No Alternate Choices This Day</i>	
Fri. = Oriental Chicken, Rice, Far East Veg. Blend, Yellow Wax Beans	OR OR OR OR

Monday, December 30, 2024 – Friday, January 3, 2025

FEATURED MEAL	ALTERNATE MEALS
Mon. = Mushroom Barley Stew, Lima Beans, Normandy Veggie Blend	OR OR OR OR
Tues. = Monterey Chicken Florentine, Roasted Broccoli, Peas & Carrots - <i>No Alternate Choices This Day</i>	
Wed. = Holiday Pork Roast, Squash Casserole, Braised Red Cabbage, Roll - <i>No Alternate Choices This Day</i>	
Thurs. = Chicken Paprikash, Spaetzle Noodles, Carrots, Venetian Veg. Blend - <i>No Alternate Choices This Day</i>	
Fri. = Homemade Salisbury Steak w/ Gravy, Paco Veggie Blend, Smashed Cauliflower	OR OR OR OR

Monday, January 6, 2025 – Friday, January 10, 2025

FEATURED MEAL	ALTERNATE MEALS
Mon. = Vegetable Lasagna, Italian Veggie Blend, Peas & Pearl Onions	OR OR OR OR
Tues. = Chicken & Noodles, Turnip Greens, Carrots	OR OR OR OR
Wed. = Pork Chop, Green Bean Casserole, Scalloped Potatoes, Scandinavian Veggie Blend	OR OR OR OR
Thurs. = Pineapple Salsa Chicken, Corn, Green Beans	OR OR OR OR
Fri. = Pizza Burger, Bun, Succotash, California Veg. Blend	OR OR OR OR

= SELECTION DOESN'T CONTAIN MEAT

CONTINUED ON BACK

YOUR ALTERNATE MEAL OPTIONS:



= Lasagna Roll-Up, Meat Sauce, Capri Veggie Blend, Zucchini



= Chicken with Stuffing, California Veggie Blend, Green Beans



= Tradition's Breaded Fish/Breaded Pollock, Vegetable Blend, Peas



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

Monday, January 13, 2025 – Friday, January 17, 2025

FEATURED MEAL

ALTERNATE MEALS

Mon. = Soup & Sandwich: Beef Vegetable Soup, Turkey & Cheese Sandwich	OR OR OR OR
Tues. = Ham Loaf, Malibu Veggie Blend, Potato Medley	OR OR OR OR
Wed. = Chicken Broccoli Rice Casserole, Yellow Squash, Key West Veggie Blend	OR OR OR OR
Thurs. = Chicken Pot Pie, Harvest Veggie Blend, Kyoto Veggie Blend	OR OR OR OR
Fri. = Beef Stew, Capri Veggie Blend, Roasted Potatoes	OR OR OR OR

Monday, January 20, 2025 – Friday, January 24, 2025

FEATURED MEAL

ALTERNATE MEALS

Mon. = Pasta Primavera, Spinach, Prince Charles Veggie Blend	OR OR OR OR
Tues. = General Tso Chicken, Rice, Far East Veggie Blend, Capri Veggie Blend	OR OR OR OR
Wed. = Italian Turkey Meatballs, Spaghetti, Mixed Veggie Blend, Winter Veggie Blend	OR OR OR OR
Thurs. = Cuban Pork Roast, Carrots, Black Beans & Rice	OR OR OR OR
Fri. = Bourbon Pot Roast, Mashed Potatoes, Northwest Veggie Blend - <i>No Alternate Choice This Day</i>	

= 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