






# 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 Veggie Blend
-  = Macaroni & Cheese, Green Beans, California Veggie Blend
-  = Tradition's Breaded Fish/Breaded Pollock, Vegetable Blend, Peas
-  = Breakfast Sandwich: Egg Round, Sliced Ham, Cheese, Bun, Baked Apples, Potato Medley

### Monday, January 27, 2025 – Friday, January 31, 2025

FEATURED MEAL	ALTERNATE MEALS
Mon.  = Hash Brown Casserole w/ Vegan Sausage, Baked Apples, Scandinavian Veggies 	OR  OR  OR  OR 
Tues.  = Hawaiian Meatballs, Rice, Caribbean Veggie Blend, Asparagus	OR  OR  OR  OR 
Wed.  = Chicken Cordon Bleu, Roasted Butternut Squash, Prince Charles Veggies	OR  OR  OR  OR 
Thurs.  = Chicken Chili, Sicilian Veggie Blend, Spinach	OR  OR  OR  OR 
Fri.  = Apple Cinnamon Pork Chop, Scalloped Potatoes, Nantucket Blend Veggies	OR  OR  OR  OR 

### Monday, February 3, 2025 – Friday, February 7, 2025

FEATURED MEAL	ALTERNATE MEALS
Mon.  = Macaroni & Cheese, Zucchini, Northwest Veggie Blend 	OR  OR  OR  OR 
Tues.  = Marsala 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 Beef, Rice, Far East Veggie Blend, Yellow Wax Beans	OR  OR  OR  OR 

 = SELECTION DOESN'T CONTAIN MEAT

CONTINUED ON BACK

## YOUR ALTERNATE MEAL OPTIONS:



= Salisbury Steak with Gravy, Mashed Potatoes, Capri Veggie Blend



= Macaroni & Cheese, Green Beans, California Veggie Blend



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



= Breakfast Sandwich: Egg Round, Sliced Ham, Cheese, Bun, Baked Apples, Potato Medley

### Monday, February 10, 2025 – Friday, February 14, 2025

FEATURED MEAL	ALTERNATE MEALS
<b>Mon.</b> = Mushroom Barley Stew, Lima Beans, Normandy Veggie Blend	OR  OR  OR  OR
<b>Tues.</b> = Greek Chicken, Wild Rice, Roasted Broccoli, Peas & Carrots	OR  OR  OR  OR
<b>Wed.</b> = Turkey Pot Roast with Gravy, Herbed Mashed Potatoes, Roasted Brussel Sprouts	OR  OR  OR  OR
<b>Thurs.</b> = French Onion Pork Chop, Au Gratin Potatoes, Scandinavian Veggie Blend	OR  OR  OR  OR
<b>Fri.</b> = BBQ Bacon Meatloaf, Paco Veggie Blend, Smashed Cauliflower	OR  OR  OR  OR

### Monday, February 17, 2025 – Friday, February 21, 2025

FEATURED MEAL	ALTERNATE MEALS
<b>Mon.</b> = Roasted Vegetable Lasagna, Italian Veggie Blend, Peas & Pearl Onions	OR  OR  OR  OR
<b>Tues.</b> = Chicken & Noodles, Turnip Greens, Carrots	OR  OR  OR  OR
<b>Wed.</b> = Veal Piccata, Mashed Potatoes, California Veggie Blend	OR  OR  OR  OR
<b>Thurs.</b> = Pineapple Salsa Chicken, Corn, Green Beans	OR  OR  OR  OR
<b>Fri.</b> = Tater Tot Beef Casserole, Mixed Vegetable Blend, Nantucket Veggie Blend	OR  OR  OR  OR

### Monday, February 24, 2025 – Friday, February 28, 2025

FEATURED MEAL	ALTERNATE MEALS
<b>Mon.</b> = Cheese Tortellini with Marinara Sauce, Broccoli, Oriental Veggies	OR  OR  OR  OR
<b>Tues.</b> = Beef Minestrone Soup, Potato Blend, Malibu Veggie Blend	OR  OR  OR  OR
<b>Wed.</b> = Chicken Broccoli Rice Casserole, Yellow Squash, Key West Veggie Blend	OR  OR  OR  OR
<b>Thurs.</b> = Shepard's Pie, Snap Peas, Kyoto Veggie Blend	OR  OR  OR  OR
<b>Fri.</b> = Pizza Burger Supreme, Mashed Potatoes, California Veggie Blend	OR  OR  OR  OR

### Monday, March 3, 2025 – Friday, March 7, 2025

FEATURED MEAL	ALTERNATE MEALS
<b>Mon.</b> = Florentine Stuffed Shells, Cauliflower, Prince Charles Veggies	OR  OR  OR  OR
<b>Tues.</b> = Beef Pepper Steak, Rice, Capri Veggie Blend, Far East Veggie Blend	OR  OR  OR  OR
<b>Wed.</b> = Italian Turkey Meatballs, Spaghetti, Mixed and Winter Veggie Blends	OR  OR  OR  OR
<b>Thurs.</b> = Cuban Pork Roast, Carrots, Black Beans & Rice	OR  OR  OR  OR
<b>Fri.</b> = Bourbon Pot Roast, Mashed Potatoes, Northwest Veggie Blend	OR  OR  OR  OR

= SELECTION DOESN'T CONTAIN MEAT

## YOUR ALTERNATE MEAL OPTIONS:



**A** = Salisbury Steak with Gravy, Mashed Potatoes, Capri Veggie Blend



**B** = Macaroni & Cheese, Green Beans, California Veggie Blend



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



**D** = Breakfast Sandwich: Egg Round, Sliced Ham, Cheese, Bun, Baked Apples, Potato Medley

### Monday, March 10, 2025 – Friday, March 14, 2025

FEATURED MEAL	ALTERNATE MEALS
<b>Mon.</b> = Hash Brown Casserole w/ Vegan Sausage, Baked Apples, Scandinavian Veggies	OR  OR  OR  OR
<b>Tues.</b> = Hawaiian Meatballs, Rice, Caribbean Veggie Blend, Asparagus	OR  OR  OR  OR
<b>Wed.</b> = Chicken Cordon Bleu, Roasted Butternut Squash, Prince Charles Veggie Blend	OR  OR  OR  OR
<b>Thurs.</b> = Chicken Chili, Sicilian Veggie Blend, Spinach	OR  OR  OR  OR
<b>Fri.</b> = Apple Cinnamon Pork Chop, Scalloped Potatoes, Nantucket Blend Veggies	OR  OR  OR  OR

### Monday, March 17, 2025 – Friday, March 21, 2025

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

### Monday, March 24, 2025 – Friday, March 28, 2025

FEATURED MEAL	ALTERNATE MEALS
<b>Mon.</b> = Mushroom Barley Stew, Lima Beans, Normandy Veggie Blend	OR  OR  OR  OR
<b>Tues.</b> = Greek Chicken, Wild Rice, Roasted Broccoli, Peas & Carrots	OR  OR  OR  OR
<b>Wed.</b> = Turkey Pot Roast with Gravy, Herbed Mashed Potatoes, Roasted Brussel Sprouts	OR  OR  OR  OR
<b>Thurs.</b> = French Onion Pork Chop, Au Gratin Potatoes, Scandinavian Veggies	OR  OR  OR  OR
<b>Fri.</b> = BBQ Bacon Meatloaf, Paco Veggie Blend, Smashed Cauliflower	OR  OR  OR  OR

### Monday, March 31, 2025 – Friday, April 4, 2025

FEATURED MEAL	ALTERNATE MEALS
<b>Mon.</b> = Roasted Vegetable Lasagna, Italian Veggie Blend, Peas & Pearl Onions	OR  OR  OR  OR
<b>Tues.</b> = Chicken & Noodles, Turnip Greens, Carrots	OR  OR  OR  OR
<b>Wed.</b> = Veal Piccata, Mashed Potatoes, California Veggie Blend	OR  OR  OR  OR
<b>Thurs.</b> = Pineapple Salsa Chicken, Corn, Green Beans	OR  OR  OR  OR
<b>Fri.</b> = Tater Tot Beef Casserole, Mixed Veggie Blend, Nantucket Veggies	OR  OR  OR  OR

= SELECTION DOESN'T CONTAIN MEAT

CONTINUED ON BACK

## YOUR ALTERNATE MEAL OPTIONS:



= Salisbury Steak with Gravy, Mashed Potatoes, Capri Veggie Blend



= Macaroni & Cheese, Green Beans, California Veggie Blend



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



= Breakfast Sandwich: Egg Round, Sliced Ham, Cheese, Bun, Baked Apples, Potato Medley

### Monday, April 7, 2025 – Friday, April 11, 2025

#### FEATURED MEAL























#### ALTERNATE MEALS

<b>Mon.</b>  = Cheese Tortellini with Marinara Sauce, Broccoli, Oriental Veggies 	OR  OR  OR  OR 
<b>Tues.</b>  = Beef Minestrone Soup, Potato Blend, Malibu Veggie Blend	OR  OR  OR  OR 
<b>Wed.</b>  = Chicken Broccoli Rice Casserole, Yellow Squash, Key West Veggies	OR  OR  OR  OR 
<b>Thurs.</b>  = Shepard's Pie, Snap Peas, Kyoto Veggie Blend	OR  OR  OR  OR 
<b>Fri.</b>  = Pizza Burger Supreme, Mashed Potatoes, California Veggie Blend	OR  OR  OR  OR 

### Monday, April 14, 2025 – Friday, April 18, 2025

#### FEATURED MEAL

#### ALTERNATE MEALS

<b>Mon.</b>  = Florentine Stuffed Shells, Cauliflower, Prince Charles Veggies 	OR  OR  OR  OR 
<b>Tues.</b>  = Beef Pepper Steak, Rice, Capri Veggie Blend, Far East Veggie Blend	OR  OR  OR  OR 
<b>Wed.</b>  = Italian Turkey Meatballs, Spaghetti, Mixed and Winter Veggie Blends	OR  OR  OR  OR 
<b>Thurs.</b>  = Cuban Pork Roast, Carrots, Black Beans & Rice	OR  OR  OR  OR 
<b>Fri.</b>  = Bourbon Pot Roast, Mashed Potatoes, Northwest Veggie Blend - <i>No Alternate Choices 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](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