






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 Veggie Blend
-  = Chicken with Gravy, Rice, Green Beans, California Veggie Blend
-  = Tradition's Breaded Fish/Breaded Pollock, Vegetable Blend, Peas
-  = French Toast Bake, Chicken Sausage, Baked Apples, Potato Medley

Monday, April 21, 2025 – Friday, April 25, 2025

FEATURED MEAL	ALTERNATE MEALS
Mon.  = Vegetarian Hash Brown Casserole, Baked Apples, Scandinavian Veggie Blend 	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.  = Beef Goulash, Sicilian Veggie Blend, Spinach	OR  OR  OR  OR 
Fri.  = Peach Glazed Pork Chop, Scalloped Potatoes, Nantucket Blend Veggies	OR  OR  OR  OR 





Monday, April 28, 2025 – Friday, May 2, 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.  = Korean BBQ 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:

-  = Meatloaf with Gravy, Mashed Potatoes, Capri Veggie Blend
-  = Chicken with Gravy, Rice, Green Beans, California Veggie Blend
-  = Tradition's Breaded Fish/Breaded Pollock, Vegetable Blend, Peas
-  = French Toast Bake, Chicken Sausage, Baked Apples, Potato Medley

Monday, May 5, 2025 – Friday, May 9, 2025

FEATURED MEAL	ALTERNATE MEALS
Mon.  = Florentine Stuffed Shells, Asparagus, Normandy Veggie Blend 	OR  OR  OR  OR 
Tues.  = Greek Chicken, Wild Rice, 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.  = Smothered Pork Chop, Au Gratin Potatoes, Scandinavian Veggie Blend	OR  OR  OR  OR 
Fri.  = BBQ Meatloaf with Turkey Bacon, Paco Veggie Blend, Smashed Cauliflower	OR  OR  OR  OR 



















Monday, May 12, 2025 – Friday, May 16, 2025

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

Monday, May 19, 2025 – Friday, May 23, 2025





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

Monday, May 26, 2025 – Friday, May 30, 2025

FEATURED MEAL	ALTERNATE MEALS
Mon.  = BBQ Boneless Chicken Thigh, Roasted Potatoes, Roll, Side Salad - <i>No Alternate Choices This Day</i>	
Tues.  = Beef Pepper Steak, Rice, Capri Veggie Blend, Far East Veggie Blend	OR  OR  OR  OR 
Wed.  = Chicken Alfredo, Fettucine Noodles, Mixed Veggie Blend, Winter Veggie Blend	OR  OR  OR  OR 
Thurs.  = Cuban Pork Roast, Carrots, Black Beans & Rice	OR  OR  OR  OR 
Fri.  = Oriental Beef, Rice, Far East Veg. Blend, Yellow Wax Beans	OR  OR  OR  OR 

 = SELECTION DOESN'T CONTAIN MEAT



























YOUR ALTERNATE MEAL OPTIONS:

-  = Meatloaf with Gravy, Mashed Potatoes, Capri Veggie Blend
-  = Chicken with Gravy, Rice, Green Beans, California Veggie Blend
-  = Tradition's Breaded Fish/Breaded Pollock, Vegetable Blend, Peas
-  = French Toast Bake, Chicken Sausage, Baked Apples, Potato Medley
























Monday, June 2, 2025 – Friday, June 6, 2025

FEATURED MEAL	ALTERNATE MEALS
Mon.  = Vegetarian Hash Brown Casserole, Baked Apples, Scandinavian Veggie Blend 	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 Veggie Blend	OR  OR  OR  OR 
Thurs.  = Beef Goulash, Sicilian Veggie Blend, Spinach	OR  OR  OR  OR 
Fri.  = Peach Glazed Pork Chop, Scalloped Potatoes, Nantucket Blend Veggies	OR  OR  OR  OR 



Monday, June 9, 2025 – Friday, June 13, 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.  = Korean BBQ Posk Roast, Hubbard/Winter Squash, Winter Veggie Blend	OR  OR  OR  OR 
Thurs.  = Swiss Steak, Red Skin Mashed Potatoes, Green Beans	OR  OR  OR  OR 
Fri.  = BBQ Beef Pot Roast, Roasted Potatoes, Northwest Veggie Blend	OR  OR  OR  OR 

Monday, June 16, 2025 – Friday, June 20, 2025

FEATURED MEAL	ALTERNATE MEALS
Mon.  = Florentine Stuffed Shells, Asparagus, Normandy Veggie Blend 	OR  OR  OR  OR 
Tues.  = Greek Chicken, Wild Rice, 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.  = Smothered Pork Chop, Au Gratin Potatoes, Scandinavian Veggie Blend	OR  OR  OR  OR 
Fri.  = BBQ Meatloaf with Turkey Bacon, Paco Veggie Blend, Smashed Cauliflower	OR  OR  OR  OR 

Monday, June 23, 2025 – Friday, June 27, 2025

FEATURED MEAL	ALTERNATE MEALS
Mon.  = Roasted Vegetable Lasagna, Italian Veggie Blend, Peas & Pearl Onions 	OR  OR  OR  OR 
Tues.  = Tuna & Noodles, Turnip Greens, Carrots	OR  OR  OR  OR 
Wed.  = Veal Piccata, Mashed Potatoes, California Veggie Blend	OR  OR  OR  OR 
Thurs.  = Chicken Bruschetta, Roasted Root Vegetable, Green Beans	OR  OR  OR  OR 
Fri.  = 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:

- = Meatloaf with Gravy, Mashed Potatoes, Capri Veggie Blend
- = Chicken with Gravy, Rice, Green Beans, California Veggie Blend
- = Tradition's Breaded Fish/Breaded Pollock, Vegetable Blend, Peas
- = French Toast Bake, Chicken Sausage, Baked Apples, Potato Medley

Monday, June 30, 2025 – Friday, July 4, 2025

FEATURED MEAL	ALTERNATE MEALS
Mon. = Cheese Tortellini with Marinara Sauce, Broccoli, Oriental Veggies	OR OR OR OR
Tues. = Beef Minestrone Soup, Potato Blend, Malibu Veggie Blend	OR OR OR OR
Wed. = Chicken Broccoli Rice Casserole, Yellow Squash, Key West Veggies	OR OR OR OR
Thurs. = Shepard's Pie, Snap Peas, Kyoto Veggie Blend	OR OR OR OR
Fri. = Beef Hot Dog with Homemade Sauce, Bun, Baked Beans, Roasted Veggie Medley - <i>No Alternate Choices This Day</i>	

Monday, July 7, 2025 – Friday, July 11, 2025

FEATURED MEAL	ALTERNATE MEALS
Mon. = Cheese Enchilada Casserole, Corn, Prince Charles Veggie Blend	OR OR OR OR
Tues. = Beef Pepper Steak, Rice, Capri Veggie Blend, Far East Veggie Blend	OR OR OR OR
Wed. = Chicken Alfredo, Fettucine Noodles, Mixed Veg Blend, Winter Veggie Blend	OR OR OR OR
Thurs. = Cuban Pork Roast, Carrots, Black Beans & Rice	OR OR OR OR
Fri. = BBQ Beef Pot Roast, Roasted Potatoes, Northwest Veggie Blend - <i>No Alternate Choices This Day</i>	

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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