






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.





























mobilemeals

Circle the FEATURED MEAL OR one of the ALTERNATE MEALS for each day.



























YOUR ALTERNATE MEAL OPTIONS:

-  **A** = Sloppy Joe on Hamburger Bun, Roasted Potatoes, Capri Veggie Blend
-  **B** = Macaroni & Cheese, Green Beans, California Veggie Blend
-  **C** = Tradition's Fish - Breaded Pollock, Veggie Blend, Peas
-  **D** = Spinach Bacon Quiche, Baked Apples, Potato Medley

Monday, July 14, 2025 – Friday, July 18, 2025

FEATURED MEAL	ALTERNATE MEALS
Mon.  F = Vegan Stuffed Peppers, Roasted Butternut Squash, Scandinavian Veggies 	OR  A OR  B OR  C OR  D
Tues.  F = French Onion Beef Meatballs, Rice, Caribbean Veggie Blend, Asparagus	OR  A OR  B OR  C OR  D
Wed.  F = Chicken Cordon Bleu Casserole, Succotash, Prince Charles Veggie Blend	OR  A OR  B OR  C OR  D
Thurs.  F = Beef Goulash, Sicilian Veggie Blend, Spinach	OR  A OR  B OR  C OR  D
Fri.  F = Peach Glazed Pork Chop, Scalloped Potatoes, Nantucket Blend Veggies	OR  A OR  B OR  C OR  D





Monday, July 21, 2025 – Friday, July 25, 2025

FEATURED MEAL	ALTERNATE MEALS
Mon.  F = Italian Macaroni & Cheese, Zucchini, Northwest Veggie Blend 	OR  A OR  B OR  C OR  D
Tues.  F = Chicken Piccata, Baby Tricolored Potatoes, Snap Peas	OR  A OR  B OR  C OR  D
Wed.  F = Korean BBQ Pork, Hubbard/Winter Squash, Winter Veggie Blend	OR  A OR  B OR  C OR  D
Thurs.  F = Swiss Steak, Red Skin Mashed Potatoes, Green Beans	OR  A OR  B OR  C OR  D
Fri.  F = Chicken Chow Mein, Rice, Far East Veggie Blend, Yellow Wax Beans	OR  A OR  B OR  C OR  D

 = SELECTION DOESN'T CONTAIN MEAT

CONTINUED ON BACK



























YOUR ALTERNATE MEAL OPTIONS:

-  = Sloppy Joe on Hamburger Bun, Roasted Potatoes, Capri Veggie Blend
 = Macaroni & Cheese, Green Beans, California Veggie Blend
 = Tradition's Fish - Breaded Pollock, Veggie Blend, Peas
 = Spinach Bacon Quiche, Baked Apples, Potato Medley




Monday, July 28, 2025 – Friday, August 1, 2025

FEATURED MEAL	ALTERNATE MEALS
Mon.  = Egg & Cheese Breakfast Sandwich, Baked Apples, Capri Veggies 	OR  OR  OR  OR 
Tues.  = Chicken Bruschetta, Roasted Root Vegetable, Green Beans	OR  OR  OR  OR 
Wed.  = Turkey Pot Roast with Gravy, Herbed Mashed Potatoes, Roasted Brussel Sprouts	OR  OR  OR  OR 
Thurs.  = Teriyaki Pork, Sautéed Fresh Zucchini & Yellow Squash, Carrots	OR  OR  OR  OR 
Fri.  = BBQ Beef, Northwest Veggie Blend, Paco Veggie Blend	OR  OR  OR  OR 



























Monday, August 4, 2025 – Friday, August 8, 2025

FEATURED MEAL	ALTERNATE MEALS
Mon.  = Lasagna Roll-Up with Marinara Sauce, Italian Veggies, Peas & Pearl Onions 	OR  OR  OR  OR 
Tues.  = Tuna Patty with Tartar Sauce, Potatoes with Peppers, Carrots	OR  OR  OR  OR 
Wed.  = Beef Pepper Patty, Macaroni & Cheese, Green Beans, Stewed Tomatoes	OR  OR  OR  OR 
Thurs.  = Garam Masala Chicken, Couscous, Sicilian Veggies, Roasted Butternut Squash	OR  OR  OR  OR 
Fri.  = Veal Parmesan, Noodles, Mixed Vegetables, Nantucket Veggie Blend	OR  OR  OR  OR 

Monday, August 11, 2025 – Friday, August 15, 2025





FEATURED MEAL	ALTERNATE MEALS
Mon.  = Vegetarian Pizza Casserole, Broccoli, Oriental Veggies 	OR  OR  OR  OR 
Tues.  = Salisbury Steak with Gravy, Potato Blend, Malibu Veggie Blend	OR  OR  OR  OR 
Wed.  = Dijon Chicken Casserole, Peas, Key West Veggie Blend	OR  OR  OR  OR 
Thurs.  = Swedish Turkey Meatballs, Noodles, Turnip Greens, Scandinavian Veggies	OR  OR  OR  OR 
Fri.  = Campfire Burger, Mashed Potatoes, California Veggie Blend	OR  OR  OR  OR 

Monday, August 18, 2025 – Friday, August 22, 2025



























FEATURED MEAL	ALTERNATE MEALS
Mon.  = Cheese Enchilada Casserole, Corn, Prince Charles Veggie Blend 	OR  OR  OR  OR 
Tues.  = Meatloaf with Gravy, Red Skin Mashed Potatoes, Capri Veggie Blend	OR  OR  OR  OR 
Wed.  = Chicken Alfredo, Fettucine Noodles, Mixed Veggie Blend, Winter Veggies	OR  OR  OR  OR 
Thurs.  = Mushroom Swiss Beef Burger on Bun, Potatoes with Peppers, Green Beans	OR  OR  OR  OR 
Fri.  = Dinner Chef Tossed Lettuce Salad with Turkey, Ham, Swiss Cheese, Egg, and Dressing	OR  OR  OR  OR 

 = SELECTION DOESN'T CONTAIN MEAT























YOUR ALTERNATE MEAL OPTIONS:

-  = Sloppy Joe on Hamburger Bun, Roasted Potatoes, Capri Veggie Blend
 = Macaroni & Cheese, Green Beans, California Veggie Blend
 = Tradition's Fish - Breaded Pollock, Veggie Blend, Peas
 = Spinach Bacon Quiche, Baked Apples, Potato Medley


Monday, August 25, 2025 – Friday, August 29, 2025

FEATURED MEAL		ALTERNATE MEALS							
Mon.	 = Vegan Stuffed Peppers, Roasted Butternut Squash, Scandinavian Veggie Blend 	OR		OR		OR		OR	
Tues.	 = French Onion Beef Meatballs, Rice, Caribbean Veggie Blend, Asparagus	OR		OR		OR		OR	
Wed.	 = Chicken Cordon Bleu Casserole, Succotash, 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, September 1, 2025 – Friday, September 5, 2025

FEATURED MEAL		ALTERNATE MEALS							
Mon.	 = Hawaiian Chicken, Rice, Far East Veggie Blend, Green Beans  - <i>No Alternate Choices This Day</i>								
Tues.	 = Chicken Piccata, 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.	 = Chicken Chow Mein, Rice, Far East Veggie Blend, Yellow Wax Beans	OR		OR		OR		OR	

Monday, September 8, 2025 – Friday, September 12, 2025

FEATURED MEAL		ALTERNATE MEALS							
Mon.	 = Egg & Cheese Breakfast Sandwich, Baked Apples, Capri Veggies 	OR		OR		OR		OR	
Tues.	 = Chicken Bruschetta, Roasted Root Vegetable, Green Beans	OR		OR		OR		OR	
Wed.	 = Turkey Pot Roast with Gravy, Herbed Mashed Potatoes, Roasted Brussel Sprouts	OR		OR		OR		OR	
Thurs.	 = Teriyaki Pork, Sautéed Fresh Zucchini & Yellow Squash, Carrots	OR		OR		OR		OR	
Fri.	 = BBQ Beef, Northwest Veggie Blend, Paco Veggie Blend	OR		OR		OR		OR	





Monday, September 15, 2025 – Friday, September 19, 2025

FEATURED MEAL		ALTERNATE MEALS							
Mon.	 = Lasagna Roll-Up with Marinara Sauce, Italian Veggies, Peas & Pearl Onions 	OR		OR		OR		OR	
Tues.	 = Tuna Patty with Tartar Sauce, Potatoes with Peppers, Carrots	OR		OR		OR		OR	
Wed.	 = Beef Pepper Patty, Macaroni & Cheese, Green Beans, Stewed Tomatoes	OR		OR		OR		OR	
Thurs.	 = Garam Masala Chicken, Couscous, Sicilian Veggies, Roasted Butternut Squash	OR		OR		OR		OR	
Fri.	 = Veal Parmesan, Noodles, Mixed Vegetables, Nantucket Veggie Blend	OR		OR		OR		OR	



























 = SELECTION DOESN'T CONTAIN MEAT

CONTINUED ON BACK



























YOUR ALTERNATE MEAL OPTIONS:

-  = Sloppy Joe with Hamburger Bun, Roasted Potatoes, Capri Veggie Blend
 = Macaroni & Cheese, Green Beans, California Veggie Blend
 = Tradition's Fish - Breaded Pollock, Veggie Blend, Peas
 = Spinach Bacon Quiche, Baked Apples, Potato Medley

Monday, September 22, 2025 – Friday, September 26, 2025

FEATURED MEAL	ALTERNATE MEALS
Mon.  = Vegetarian Pizza Casserole, Broccoli, Oriental Veggie Blend 	OR  OR  OR  OR 
Tues.  = Salisbury Steak with Gravy, Potato Blend, Malibu Veggie Blend	OR  OR  OR  OR 
Wed.  = Dijon Chicken Casserole, Peas, Key West Veggie Blend	OR  OR  OR  OR 
Thurs.  = Swedish Turkey Meatballs, Noodles, Turnip Greens, Scandinavian Veggies	OR  OR  OR  OR 
Fri.  = Campfire Burger, Mashed Potatoes, California Veggie Blend	OR  OR  OR  OR 

Monday, September 29, 2025 – Friday, October 3, 2025

FEATURED MEAL	ALTERNATE MEALS
Mon.  = Cheese Enchilada Casserole, Corn, Prince Charles Veggie Blend 	OR  OR  OR  OR 
Tues.  = Meatloaf with Gravy, Red Skin Mashed Potatoes, Capri Veggie Blend	OR  OR  OR  OR 
Wed.  = Chicken Alfredo, Fettucine Noodles, Mixed Veggie Blend, Winter Veggies	OR  OR  OR  OR 
Thurs.  = Mushroom Swiss Beef Burger on Bun, Potatoes with Peppers, Green Beans	OR  OR  OR  OR 
Fri.  = Dinner Chef Tossed Lettuce Salad with Turkey, Ham, Swiss Cheese, Egg, and Dressing	OR  OR  OR  OR 

 = 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 fill out your menu 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