






# 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.































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

## YOUR ALTERNATE MEAL OPTIONS:

-  = Beef Pepper Steak, Rice, Oriental Veggies, Carrots
-  = Turkey with Gravy, Stuffing, Green Beans, California Vegetable Blend
-  = Tradition's Breaded Fish (Breaded Pollock), Vegetable Blend, Peas
-  = Biscuit with Pepper Gravy, Egg Patty, Turkey Bacon, Baked Apples, Potato Medley

FEATURED MEAL	Monday, December 29, 2025 – Friday, January 2, 2026		ALTERNATE MEALS
<b>Mon.</b>  = Vegetarian Hash Brown Casserole, Escalloped Apples, Scandinavian Veggies  - No Alternate Choices This Day			
<b>Tues.</b>  = Hawaiian Beef Meatballs, Rice, Caribbean Veggies, Asparagus			OR  OR  OR  OR 
<b>Wed.</b>  = Turkey Pot Pie, Succotash, Homestyle Green Beans			OR  OR  OR  OR 
<b>Thur.</b>  = Beef Pot Roast with Stewed Vegetables, Corn Casserole, Malibu Veggies - No Alternate Choices This Day			
<b>Fri.</b>  = Pork Chop with Sauerkraut and Apples, Scalloped Potatoes, Nantucket Veggies			OR  OR  OR  OR 

FEATURED MEAL	Monday, January 5, 2026 – Friday, January 9, 2026		ALTERNATE MEALS
<b>Mon.</b>  = Vegetable Lasagna, Tomatoes & Zucchini Veg. Blend, Northwest Veggies 			OR  OR  OR  OR 
<b>Tues.</b>  = Bourbon Chicken, Baby Tricolored Potatoes, Green Beans			OR  OR  OR  OR 
<b>Wed.</b>  = Winter Pork Roast, Hubbard/Winter Squash, Winter Veggies			OR  OR  OR  OR 
<b>Thur.</b>  = Turkey Stuffing Casserole, Herbed Mashed Potatoes, Roasted Brussel Sprouts			OR  OR  OR  OR 
<b>Fri.</b>  = Chicken Enchilada Cornbread Casserole, Mexican Corn, Normandy Veggies			OR  OR  OR  OR 

 = SELECTION DOESN'T CONTAIN MEAT

CONTINUED ON BACK

## YOUR ALTERNATE MEAL OPTIONS:



**A** = Beef Pepper Steak, Rice, Oriental Veggies, Carrots



**B** = Turkey with Gravy, Stuffing, Green Beans, California Vegetable Blend



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



**D** = Biscuit with Pepper Gravy, Egg Patty, Turkey Bacon, Baked Apples, Potato Medley

### FEATURED MEAL

**Monday, January 12, 2026 – Friday, January 16, 2026**

### ALTERNATE MEALS

**Mon.** = Egg and Cheese Breakfast Sandwich, Baked Apples, Capri Veggies

OR OR OR OR

**Tues.** = Chicken Caprese, Roasted Root Vegetable, Snap Peas

OR OR OR OR

**Wed.** = Sweet & Sour Pork, Rice, Roasted Zucchini and Yellow Squash, Carrots

OR OR OR OR

**Thur.** = Swiss Steak, Redskin Mashed Potatoes, Homestyle Green Beans

OR OR OR OR

**Fri.** = Open Faced Beef Pot Roast Sandwich, Mashed Potatoes, Northwest Veggies

OR OR OR OR

### FEATURED MEAL

**Monday, January 19, 2026 – Friday, January 23, 2026**

### ALTERNATE MEALS

**Mon.** = Florentine Stuffed Shells, Italian Veggies, Peas & Pearl Onions

OR OR OR OR

**Tues.** = Turkey Cacciatore, Sicilian Veggies, Roasted Butternut Squash

OR OR OR OR

**Wed.** = Beef & Broccoli, Rice, Oriental Veggies, Peas

OR OR OR OR

**Thur.** = Chicken Fried Chicken with Pepper Gravy, Potatoes with Peppers, Carrots

OR OR OR OR

**Fri.** = Spinach Artichoke Chicken, Yellow Squash, Caribbean Veggies

OR OR OR OR

### FEATURED MEAL

**Monday, January 26, 2026 – Friday, January 30, 2026**

### ALTERNATE MEALS

**Mon.** = Macaroni & Cheese, Yellow Wax Beans, California Veggies

OR OR OR OR

**Tues.** = Salisbury Steak with Gravy, Roasted Potatoes, Cheesy Broccoli

OR OR OR OR

**Wed.** = Beef Stew, Redskin Redskin Potatoes, Key West Veggies

OR OR OR OR

**Thur.** = Spaghetti with Turkey Meatballs, Turnip Greens, Scandinavian Veggies

OR OR OR OR

**Fri.** = Cheddar Turkey Hamburger with Turkey Bacon, Potatoes with Peppers, Green Beans

OR OR OR OR

### FEATURED MEAL

**Monday, February 2, 2026 – Friday, February 6, 2026**

### ALTERNATE MEALS

**Mon.** = Vegetarian Chili with Macaroni, Mexican Corn, Prince Charles Veggies

OR OR OR OR

**Tues.** = Meatloaf with Gravy, Au Gratin Potatoes, Capri Veggies

OR OR OR OR

**Wed.** = Turkey Tetrazzini, Mixed Veggies, Tomatoes & Zucchini

OR OR OR OR

**Thur.** = Maple Cranberry Pork Roast, Sweet Potatoes, Nantucket Veggies

OR OR OR OR

**Fri.** = Turkey Ham & Bean Soup with Corn Muffin, Carrots, Far East Veggies

OR OR OR OR



= SELECTION DOESN'T CONTAIN MEAT

## YOUR ALTERNATE MEAL OPTIONS:



**A** = Beef Pepper Steak, Rice, Oriental Veggies, Carrots



**B** = Turkey with Gravy, Stuffing, Green Beans, California Vegetable Blend



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



**D** = Biscuit with Pepper Gravy, Egg Patty, Turkey Bacon, Baked Apples, Potato Medley

### FEATURED MEAL

**Monday, February 9, 2026 – Friday, February 13, 2026**

### ALTERNATE MEALS

<b>Mon.</b> <b>F</b> = Vegetarian Hash Brown Casserole, Escaloped Apples, Scandinavian Veggies	OR <b>A</b> OR <b>B</b> OR <b>C</b> OR <b>D</b>
<b>Tues.</b> <b>F</b> = Hawaiian Beef Meatballs, Rice, Caribbean Veggies, Asparagus	OR <b>A</b> OR <b>B</b> OR <b>C</b> OR <b>D</b>
<b>Wed.</b> <b>F</b> = Turkey Pot Pie, Succotash, Homestyle Green Beans	OR <b>A</b> OR <b>B</b> OR <b>C</b> OR <b>D</b>
<b>Thur.</b> <b>F</b> = Beef Goulash, Sicilian Veggies, Spinach	OR <b>A</b> OR <b>B</b> OR <b>C</b> OR <b>D</b>
<b>Fri.</b> <b>F</b> = Pork Chop with Sauerkraut and Apples, Scalloped Potatoes, Nantucket Veggies	OR <b>A</b> OR <b>B</b> OR <b>C</b> OR <b>D</b>

### FEATURED MEAL

**Monday, February 16, 2026 – Friday, February 20, 2026**

### ALTERNATE MEALS

<b>Mon.</b> <b>F</b> = Vegetable Lasagna, Tomatoes & Zucchini Veg. Blend, Northwest Veggies	OR <b>A</b> OR <b>B</b> OR <b>C</b> OR <b>D</b>
<b>Tues.</b> <b>F</b> = Bourbon Chicken, Baby Tricolored Potatoes, Green Beans	OR <b>A</b> OR <b>B</b> OR <b>C</b> OR <b>D</b>
<b>Wed.</b> <b>F</b> = Winter Pork Roast, Hubbard/Winter Squash, Winter Veggies	OR <b>A</b> OR <b>B</b> OR <b>C</b> OR <b>D</b>
<b>Thur.</b> <b>F</b> = Turkey Stuffing Casserole, Herbed Mashed Potatoes, Roasted Brussel Sprouts	OR <b>A</b> OR <b>B</b> OR <b>C</b> OR <b>D</b>
<b>Fri.</b> <b>F</b> = Chicken Enchilada Cornbread Casserole, Mexican Corn, Normandy Veggies	OR <b>A</b> OR <b>B</b> OR <b>C</b> OR <b>D</b>

### FEATURED MEAL

**Monday, February 23, 2026 – Friday, February 27, 2026**

### ALTERNATE MEALS

<b>Mon.</b> <b>F</b> = Egg and Cheese Breakfast Sandwich, Baked Apples, Capri Veggies	OR <b>A</b> OR <b>B</b> OR <b>C</b> OR <b>D</b>
<b>Tues.</b> <b>F</b> = Chicken Caprese, Roasted Root Vegetable, Snap Peas	OR <b>A</b> OR <b>B</b> OR <b>C</b> OR <b>D</b>
<b>Wed.</b> <b>F</b> = Sweet & Sour Pork, Rice, Roasted Zucchini and Yellow Squash, Carrots	OR <b>A</b> OR <b>B</b> OR <b>C</b> OR <b>D</b>
<b>Thur.</b> <b>F</b> = Swiss Steak, Redskin Mashed Potatoes, Homestyle Green Beans	OR <b>A</b> OR <b>B</b> OR <b>C</b> OR <b>D</b>
<b>Fri.</b> <b>F</b> = Open Faced Beef Pot Roast Sandwich, Mashed Potatoes, Northwest Veggies	OR <b>A</b> OR <b>B</b> OR <b>C</b> OR <b>D</b>

### FEATURED MEAL

**Monday, March 2, 2026 – Friday, March 6, 2026**

### ALTERNATE MEALS

<b>Mon.</b> <b>F</b> = Florentine Stuffed Shells, Italian Veggies, Peas & Pearl Onions	OR <b>A</b> OR <b>B</b> OR <b>C</b> OR <b>D</b>
<b>Tues.</b> <b>F</b> = Turkey Cacciatore, Sicilian Veggies, Roasted Butternut Squash	OR <b>A</b> OR <b>B</b> OR <b>C</b> OR <b>D</b>
<b>Wed.</b> <b>F</b> = Beef & Broccoli, Rice, Oriental Veggies, Peas	OR <b>A</b> OR <b>B</b> OR <b>C</b> OR <b>D</b>
<b>Thur.</b> <b>F</b> = Chicken Fried Chicken with Pepper Gravy, Potatoes with Peppers, Carrots	OR <b>A</b> OR <b>B</b> OR <b>C</b> OR <b>D</b>
<b>Fri.</b> <b>F</b> = Spinach Artichoke Chicken, Yellow Squash, Caribbean Veggies	OR <b>A</b> OR <b>B</b> OR <b>C</b> OR <b>D</b>



= SELECTION DOESN'T CONTAIN MEAT

CONTINUED ON BACK

## YOUR ALTERNATE MEAL OPTIONS:



**A** = Beef Pepper Steak, Rice, Oriental Veggies, Carrots



**B** = Turkey with Gravy, Stuffing, Green Beans, California Vegetable Blend



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



**D** = Biscuit with Pepper Gravy, Egg Patty, Turkey Bacon, Baked Apples, Potato Medley


### FEATURED MEAL

Monday, March 9, 2026 – Friday, March 13, 2026

### ALTERNATE MEALS

**Mon.**  = Macaroni & Cheese, Yellow Wax Beans, California Veggies 


OR  OR  OR  OR 

**Tues.**  = Salisbury Steak with Gravy, Roasted Potatoes, Cheesy Broccoli

OR  OR  OR  OR 

**Wed.**  = Beef Stew, Redskin Potatoes, Key West Veggies

OR  OR  OR  OR 

**Thur.**  = Spaghetti with Turkey Meatballs, Turnip Greens, Scandinavian Veggies

OR  OR  OR  OR 

**Fri.**  = Cheddar Turkey Hamburger with Turkey Bacon, Potatoes with Peppers, Green Beans

OR  OR  OR  OR 

### FEATURED MEAL

Monday, March 16, 2026 – Friday, March 20, 2026

### ALTERNATE MEALS

**Mon.**  = Vegetarian Chili with Macaroni, Mexican Corn, Prince Charles Veggies 


OR  OR  OR  OR 

**Tues.**  = Meatloaf with Gravy, Au Gratin Potatoes, Capri Veggies

OR  OR  OR  OR 

**Wed.**  = Turkey Tetrazzini, Mixed Veggies, Tomatoes & Zucchini

OR  OR  OR  OR 

**Thur.**  = Maple Cranberry Pork Roast, Sweet Potatoes, Nantucket Veggies

OR  OR  OR  OR 

**Fri.**  = Turkey Ham & Bean Soup with Corn Muffin, Carrots, Far East Veggies - **No Alternate Choices This Day**

# 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, November 5, 2025

☒ 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