



Meals on Wheels Menu

Menu as of
5/16/22

O = Low Saturated Fat (<10% of Calories from Saturated Fat) and Low Cholesterol (<100 mg/meal)
↓ = Low Sodium (<767 mg Sodium per meal)
V = Vegetarian (may contain dairy and eggs) V+ = Vegan (no animal derived ingredients)

Lunches/Dinners: Each lunch/dinner includes an optional roll or side of rice, and milk.

Please use the meal number when placing your order.

# 4	Macaroni & Cheese , with a side of broccoli, and apple crisp	O	↓	V
# 7	Roast Turkey , with gravy, dressing, mashed potatoes, and a vegetable blend	O		
# 9	Salisbury Steak , with mushroom gravy, mashed potatoes, and carrots		↓	
# 11	Country Fried Steak , with gravy, mashed potatoes, and peas	O		
# 12	Meatloaf , with gravy, roasted red potatoes, and Scandinavian vegetables		↓	
# 13	Braised Beef Tips , with gravy, fiesta rice with bell peppers, and spinach			
# 14	Spaghetti w/Meatballs , with a side of green beans, fruit cocktail & mandarin oranges		↓	
# 16	Swedish Meatballs , with gravy, rotelle pasta, and a side of broccoli and carrots		↓	
# 23	Lemon Pepper Fish , with rice, peas and carrots, and lemon pudding		↓	
# 26	Chicken Pot Pie , with a side of peas, and peach crisp	O	↓	
# 35	Chili Macaroni , with plant-based cheese, a side of broccoli, and fruit cocktail		↓	V+
# 36	Pasta Marinara , with plant-based meatballs and cheese, green beans, & fruit cocktail	O	↓	V+
# 37	Chickpea Tomato Curry , with penne pasta, a vegetable blend, and fruit cocktail	O	↓	V+
# 38	Veggie Stir Fry , with plant-based chik'n, rice, and sides of baked beans and broccoli	O		V+
# 50	Thai Coconut Curry , with tofu, rice, green beans, bamboo shoots, and edamame	O	↓	V+
# 51	Veggie Fajita , with tofu, peppers, brown rice and corn	O	↓	V+
# 52	Duba Wat , with lentils, butternut squash, chickpeas, and collard greens	O	↓	V+
# 53	Bo Kho , beef stew with brown rice, green beans, and carrots	O	↓	
# 54	Suugo Suqaar , with ground turkey, spaghetti, bell peppers, and carrots	O	↓	
# 55	Rice & Bean Bowl , with bell peppers, corn, cheese, sour cream, and hot sauce	O	↓	V
# 56	Fish A La Veracruzana , with rice, green beans, carrots, peppers, capers, and olives	O	↓	
# 57	Sweet & Sour Chicken , with brown rice, broccoli, pineapple, carrots, and cabbage	O	↓	
# 58	Chicken Amarillo , with vegetable-based mole sauce, rice, peas, and pumpkin seeds	O	↓	
# 59	Ginger Chicken , with tofu, brown rice, peas, broccoli, carrots, and bell peppers	O	↓	

With lunches/dinners would you like... Whole Grain Dinner Rolls? Sides of Rice? Dry Milk Packets?

Breakfasts: Each breakfast meal includes an optional dry milk packet.

# 60	Huevos Rancheros , with plant-based egg & cheese, beans, salsa, hot sauce, & a tortilla	O	↓	V+
# 61	Breakfast Sandwich , with plant-based egg & sausage, potatoes and bell peppers	O	↓	V+
# 1b	Cheese Omelet , with pancakes, and pears		↓	V
# 3b	French Toast , with scrambled eggs, and peaches		↓	V
# 4b	Breakfast Burrito , with egg, cheese, pork sausage, sides of hashbrown & fruit cocktail			
# 5b	Biscuit & Gravy , with pork sausage crumbles, scrambled eggs, and peaches			

With your breakfast(s) would you like... Dry Milk Packets?

The suggested donation is \$6 per meal. Please see the back of the menu for ways to contribute.
There is an \$8.50 per meal charge for private pay participants.

Liquid Supplement Options

ENSURE (24 pack) \$29.00

Vanilla
Chocolate
Strawberry
Butter Pecan

ENSURE Pudding (4 pack) \$5.00

Vanilla
Chocolate

ENSURE Plus (24 pack) \$30.00

Vanilla
Chocolate
Strawberry
Butter Pecan

GLUCERNA (24 pack) \$40.00

Chocolate
Strawberry

Please note;

- Ensure and Glucerna, as well as meals for private pay participants, must be paid for at the time of order. We accept credit, debit, and EBT.
- Donations may be made with credit, debit, or EBT at the time of order **or** cash or check at delivery.
 - You may also mail donations to Sound Generations Meals on Wheels, 2208 2nd Ave Ste 100, Seattle, WA, 98121 or contribute online at soundgenerations.org.
- Drivers do not accept gratuity. Any money given to the driver will go directly to the program.
- We are not permitted to leave frozen meals unattended; someone will need to accept the delivery.
- The minimum order is 7 meals unless ordering \$15 in mobile market or supplement products.
- No refunds, returns, or exchanges.
- Complete nutrition information is available; just ask when you place your order or go to our website; soundgenerations.org.
 - A Registered Dietitian is also available for questions on meal allergens, menu recommendations, and more.
- Please keep this menu for reference. Orders are typically placed by phone.