



**Meals on Wheels of Southwest Michigan
Senior Nutrition Services
Home Delivered Meals Menu
Congregate Menu
May 2024**

Meals are funded in part by:



Along with Participant Contributions, United Way Partners, Grant Awards and Donations

Menu is subject to change without notice

<p>Meals provide (average per week) Carbs: 75 grams Calories: 800 Sodium: 800 milligrams Protein: 19 grams Total Fat : 30% 2% milk</p>	<p>Your donation toward the cost of the meal helps to make sure that these meals can continue. Please be as generous as you can! We thank you!</p>	<p>1 Chicken Ceaser Pasta Salad Yogurt with Granola Banana</p>	<p>2Beef & Broccoli over Brown Rice Oriental Vegetable Blend Fruit Crisp</p>	<p>3 Pizza Pasta Casserole Cooked Spinach Lima Beans Apple</p>
<p>6 Chicken Parmesaen over Pasta with Marinara Texas Toast Italian Blend Vegetables Grapes</p>	<p>7 Swiss Steak Whipped Potatoes Diced Carrots Peaches</p>	<p>8 Pulled Pork Sandwich Bean Salad Asparagus Applesauce</p>	<p>9Spring Vegetable Egg Casserole Seasoned Diced Potatoes Spiced Apples with Raisins</p>	<p>10MOTHERS DAY MEAL Roasted Chicken Quarter Warm German Potato Salad Cucumber Salad</p>
<p>13 Sweet and Sour Meatballs Over Rice Oriental Vegetable Blend Steamed Pea Pods Pineapple</p>	<p>14 Loaded Baked Potato w/ Chicken, Cheese, & Broccoli Carrot Coins Fruit Crisp</p>	<p>15Crispy Fish Sandwich with Cheese Tartar Sauce Mixed Vegetable Blend Mandarin Oranges</p>	<p>16 Honey Garlic Chicken Whipped Potatoes Steamed Corn Side Salad with Cucumber and Tomato Diced Mango</p>	<p>17 Beef Enchiladas Spanish Rice w/ Tomatoes Santa Fe Blend Vegetable Diced Pears</p>
<p>20 Biscuits & Gravy Peas and Pearl Onions Blueberries</p>	<p>21 Beef Stroganoff with Mushrooms Over Noodles Steamed Green Beans Peaches</p>	<p>22Sloppy Joe on a Bun Seasoned Potato Wedges Mixed Veggies Apple</p>	<p>23Sweet Potato Black Bean Bowl California Vegetable Blend Yogurt with Fruit</p>	<p>24Hot Dog on a Bun w/ Condi- ments Baked Beans Diced Carrots Fresh Strawberries</p>
	<p>28 Scalloped Potatoes and Ham Mixed Vegetables Cooked Spinach Apple</p>	<p>29 Chef Salad with Turkey Ham, Shredded Cheese, Tomato, Cucumber, Eggs Croutons Berry Applesauce</p>	<p>23Meatball Sub Sand- wich w/Marinara Tossed Salad with Ranch Jello with Fruit</p>	<p>31Keilbasa & Pierogies Cabbage Diced Peppers Mixed Fruit Cup Birthday Cake</p>