

AgeWell SERVICES

Choice Meals Menu

Meals on Wheels

More Choice. More Flexibility.
More Independence.

Welcome to the Choice Meals Menu!

We're excited to offer more choice, flexibility and independence through our Choice Meals Menu. This menu is designed to help you learn more about each meal option. You'll find information about meal types, dietary accommodations, nutrition density and other details that can help you make informed choices. Your separate order form is where you will select the meals you would like to receive.

Our goal is to give you more choice while making it easy to enjoy meals that support your health and well-being.

Pork

A03. Rosemary Herb Pork Chop served with gravy, sweet potato chunks, cauliflower, peas, roll and fruit
540 kcal, 46.5 g protein, 60 g carbs, 13 g fat, 326 g sodium, 80 mg cholesterol and 1435 mg potassium
LSHH LCD

B02. Sliced ham served with sweet potato chunks, cauliflower, peas, roll and fruit
424 kcal, 22.5 g protein,49 g carbs, 15 g fat, 1563 g sodium, 46 mg cholesterol and 357 mg potassium
LCHH LCD GS

B07. Biscuit & Sausage Gravy served with egg bite, escalloped apples and fruit
747 kcal, 23.9 g protein, 100 g carbs, 21 g fat, 1196 g sodium, 134 mg cholesterol and 1018 mg potassium
HCWG P07 M10

D05. Tamale Plate served with Mexican rice, broccoli, black beans and fruit *(cooking instructions on page 7)*
749 kcal, 30.2 g protein, 88 g carbs, 30 g fat, 1659 g sodium, 75 mg cholesterol and 1018 mg potassium
HCWG GS

Nutrient density, diet and meal type keys are located on page 6.

Beef

A06. Chili served with cornbread muffin, wax beans, carrots and fruit
779 kcal, 38.1 g protein, 84 g carbs, 32 g fat, 860 g sodium, 135 mg cholesterol and 1264 mg potassium
LSHH M02

A05. Beef & Broccoli served with fried rice, Capri vegetables, apple crisp and fruit
919 kcal, 44.6 g protein, 101 g carbs, 38 g fat, 926 g sodium, 130 mg cholesterol and 1245 mg potassium
LSHH HCWG GS SPICY

B03. Swedish Meatballs served with noodles, green beans, apple crisp and fruit
868 kcal, 32 g protein, 94 g carbs, 40 g fat, 1191 g sodium, 95 mg cholesterol and 500 mg potassium
HCWG P03 M03

C05. Beef Stew served with mashed potatoes, cali vegetables, green beans, roll and fruit
434 kcal, 21.8 g protein, 64 g carbs, 12 g fat, 1141 g sodium, 35 mg cholesterol and 1056 mg potassium
LCD P05 M05

C02. Cabbage Rolls served with au gratin potatoes, rainbow vegetables and fruit
502 kcal, 19.8 g protein, 60 g carbs, 19 g fat, 1090 g sodium, 52 mg cholesterol and 1066 mg potassium
LSHH LCHH LCD P04 M04

D02. Pasta and Meat Sauce (with parmesan cheese) served with green beans, cauliflower, bread stick and fruit
616 kcal, 32.2 g protein, 67 g carbs, 23 g fat, 894 g sodium, 77 mg cholesterol and 877 mg potassium
LSHH LCD R GS M07

D03. Meatloaf and Gravy served with mashed potatoes, peas, carrots, biscuit and fruit
411 kcal, 25.8 g protein, 53 g carbs, 11 g fat, 441 g sodium, 67 mg cholesterol and 940 mg potassium
LSHH LCD R P06 M06

Nutrient density, diet and meal type keys are located on page 6.

Poultry

A02. Popcorn Chicken served with mashed potatoes & gravy, corn, collard greens, cornbread muffin and fruit
701 kcal, 32.3 g protein, 97 g carbs, 9 g fat, 683 g sodium, 70 mg cholesterol and 1344 mg potassium
LSHH HCWG

A01. Chicken Cavatappi served with bread stick, cali vegetables, broccoli and fruit
766 kcal, 34.7 g protein,87 g carbs, 30 g fat, 1260 g sodium, 95 mg cholesterol and 880 mg potassium
HCWG P01 M01

B01. Oven Fried Chicken served with roasted potatoes, root vegetable mix, sauteed cabbage, cornbread muffin and fruit
762 kcal, 30.7 g protein, 84 g carbs, 24 g fat, 1046 g sodium, 130 mg cholesterol and 1167 mg potassium
LSHH HCWG P07 M10

C03. Chicken Enchilada Plate served with Mexican rice, cauliflower, black beans and fruit
571 kcal, 24.5 g protein, 78 g carbs, 18 g fat, 1266 g sodium, 55 mg cholesterol and 627 mg potassium
LCHH LCD GS

C01. Chicken Parmesan served with noodles, wax beans, corn and and fruit
569 kcal, 36.1 g protein, 84 g carbs, 9 g fat, 904 g sodium, 74 mg cholesterol and 902 mg potassium
LSHH LCD R

C07. Chicken Cordon Bleu served with au gratin potatoes, rainbow vegetables, asparagus, roll and fruit
550 kcal, 33.2 g protein, 72 g carbs, 13 g fat, 1098 g sodium, 69 mg cholesterol and 755 mg potassium
LSHH LCD R P02

D01. Chicken Wings served with red potatoes, collard greens, cornbread muffin and fruit
690 kcal, 32 g protein, 64 g carbs, 9 g fat, 857 g sodium, 190 mg cholesterol and 967 mg potassium
LSHH LCD R

D06. Sliced Turkey & Gravy served with mashed potatoes, wax beans, cali vegetables and fruit
316 kcal, 22.9 g protein, 43 g carbs, 7 g fat, 827 g sodium, 40 mg cholesterol and 1404 mg potassium
LSHH LCHH LCD

Nutrient density, diet and meal type keys are located on page 6.

Seafood

B05. Shrimp & Corn Chowder served with Capri vegetables, broccoli, biscuit and fruit
596 kcal, 18.7 g protein, 85 g carbs, 21 g fat, 1030 g sodium, 85 mg cholesterol and 965 mg potassium
LSHH LCD R

C06. Baked breaded cod served with red potatoes, peas, collard greens and fruit
520 kcal, 24.3 g protein, 78 g carbs, 12 g fat, 477 g sodium, 30 mg cholesterol and 1297 mg potassium
LSHH LCHH LCD

D07. Shrimp Scampi served with penne pasta, carrots, broccoli and fruit
840 kcal, 28 g protein, 123 g carbs, 2 g fat, 580 g sodium, 10 mg cholesterol and 805 mg potassium
LSHH LCHH HCWG R GS M09

Vegetarian

A04. Broccoli Quiche served with au gratin potatoes, Capri vegetables and fruit
631 kcal, 20.3 g protein, 71 g carbs, 29 g fat, 949 g sodium, 124 mg cholesterol and 798 mg potassium
LSHH LCD R

B06. Creamy Mushroom Orzo served with rainbow vegetables, corn, roll and fruit
747 kcal, 38.4 g protein, 99 g carbs, 22 g fat, 791 g sodium, 38 mg cholesterol and 895 mg potassium
LSHH LCHH HCWG R

B04. General Tso's Fried Rice served with edamame, rainbow vegetables and fruit
433 kcal, 30.5 g protein, 64 g carbs, 5 g fat, 964 g sodium, 10 mg cholesterol and 994 mg potassium
LSHH LCHH LCD R GS SPICY

Nutrient density, diet and meal type keys are located on page 6.

Vegetarian

C04. Mac & Cheese served with asparagus, cherry crisp and fruit
1048 kcal, 35.6 g protein, 125 g carbs, 43 g fat, 806 g sodium, 98 mg cholesterol and 938 mg potassium
LSHH HCWG R GS

A07. Southwest Omelette (peppers and onions) served with queso, turkey sausage, cinnamon peaches and fruit
686 kcal, 43.4 g protein, 56 g carbs, 33 g fat, 1116 g sodium, 380 mg cholesterol and 999 mg potassium
LCD GS M08

D04. Roasted Vegetable Lasagna served with root vegetables, cali vegetables, bread stick and fruit
613 kcal, 26.3 g protein, 93 g carbs, 14 g fat, 970 g sodium, 40 mg cholesterol and 1251 mg potassium
LSHH LCHH LCD M11

Did You Know?

Many of the ingredients for the meals you enjoy are sourced right here in West Michigan! We proudly partner with local producers and food businesses, including, but not limited to, Crisp Country Acres (Holland, MI), Navarro's Tamales (Muskegon, MI) and Anavery Fine Foods (Traverse City, MI), helping support our local economy while bringing fresh, high-quality meals to your table.

Questions?

Call us at (231) 755-0434, Option 1. We're happy to help!

Nutrient Density Abbreviations Key
kcal = kilocalories (1 kilocalories = 1 calorie) g = gram mg = milligram

Diet Key
LSHH = Lower Sodium Heart Healthy *(less than or equal to 1100 mg sodium)*
LCHH = Lower Cholesterol Heart Healthy *(less than or equal to 60 mg cholesterol)*
LCD = Lower Calorie - Diabetic *(less than or equal to 700 kcal)*
HCWG = Higher Calorie - Weight Gain *(more than or equal to 701 kcal)*

Meal Type Key
R = Renal Meal
GS = Gluten Sensitive Meal
SPICY = Potentially Spicy Meal
M = Mechanical Soft Meals (with order code)
P = Puree Meals (with order code)

You've chosen your meals! Now it's time to enjoy!

Each meal includes easy-to-follow heating instructions. Whether you use a microwave or conventional oven, you'll be enjoying a hot, delicious meal in just a few minutes. Please follow the instructions below.

Microwave

- Slit film over main entree.
- Heat on HIGH for 6 - 7 minutes.
- Let stand in the microwave for 2 minutes.
- Carefully remove film. CAUTION: MEAL WILL BE HOT!

Conventional Oven

- Preheat over to 350°F.
- Slit film over main entree.
- Place meal on a baking pan and heat in the center of the over for 20 - 25 minutes.
- Remove baking pan with main entree from oven and let stand for 2 minutes.
- Carefully remove film. CAUTION: MEAL WILL BE HOT!

Important Notes

- If meal is thawed, do not refreeze.
- Always make sure meal is heated thoroughly before eating.
- Regardless of cooking method, meal will be hot!

If Your Meal Includes a Tamale

Tamales are wrapped in a corn husk to help keep them moist during cooking. Remove and discard the corn husk before heating. The corn husk is not edible.

Ready to Submit Your Order Form?

There are four ways to submit your Choice Meals Order Form (separate from this menu):

- Return with your delivery driver.
- Mail to 275 W Clay Ave Ste 100, Muskegon, MI 49440.
- Call us at (231) 755-0434, Option 1.
- Submit online at agewellservices.org/mealsonwheels.
- Email us at mowinfo@agewellservices.org.

When Should You Re-Submit Your Order Form?

After your initial submission to start choice meals, you only need to re-submit your order form when you have changes to your order. Changes can take up to 10 business days.

