

Twin Cities Meals on Wheels Sample Hot Meals



Stuffed Chicken w/
Hollandaise Sauce
Potatoes
Peas and Carrots



Stuffed Cabbage
Red Potatoes
Normandy Vegetables



St Patrick's Day
Corned Beef and
Cabbage
Potatoes
Carrots



Salisbury Steak w/gravy
Roasted Baked
Potatoes
Dill Beets

Hot Meal Only

(Includes a tray and brown bag)

This program is required

Tray foods included

- Protein (meat, fish, or cheese)
- Starch (potato, pasta, rice)
- Vegetable (a wide variety)

Brown bag foods include:

- 2 slices of bread and butter
- Dessert (cake, cookies, pie, pudding, a variety – made by us)
- Fruit or salad
- 8 oz. carton 1% milk

Two Meal Option

Both a Hot meal and a Cold Meal

Most select this option

Tray foods are the same as the Hot Meal only service. The additional Brown bag foods include:

- 1 sandwich (meat, egg salad, tuna salad, cheese, peanut butter)
- Salad (green, coleslaw, or gelatin)
- Fruit (fresh or canned)
- Dessert as above
- 2 slices of bread and butter
- 8 oz. milk or juice



BBQ Chicken Nuggets
Wedge Potatoes
Carrots



Breakfast Sausage and
Biscuits
Apple Sauce w/spice
Assorted Vegetables



Easter Monday
Ham w/pineapple
Green Bean Bake
Sweet Potatoes