



RAMSEY COUNTY

Get started with Meals on Wheels anywhere in Ramsey County with just one call to **651-318-9091**

Frozen Meal Menu

Poultry	Beef & Pork	
Turkey Meatloaf w/Cranberry Glaze Roast Turkey & Gravy Herb Roasted Chicken w/Apricot Chutney Chicken Cacciatore Roasted 1/4 Chicken Chicken Parmesan Chicken Strips w/Macaroni & Cheese	Salisbury Steak w/Onion Gravy Meatballs & Gravy Beef & Bean Chili Beef Pot Roast Flame Broiled Hamburger Swiss Steak w/Tomato Gravy Spaghetti & Meatballs	
Fish	Roast Pork Loin Ham Steak Ham & Potato Soup	
Battered Pollock Lemon Pepper Tilapia Seafood Fettuccini	Asian	
Vegetarian	Beef & Broccoli Chicken Stir Fry Beef Lo Mein Sweet & Sour Chicken Asian BBQ Pork	
Cannelloni w/Mushrooms, Spinach & Ricotta Cheese Farmers Market Vegetable Frittata Black Bean Burritos w/Ranchero Sauce Cheddar Cheese Omelet		
Gluten Free	Halal	
Chef's Choice	Menu available upon request	
Breakfast		
Breakfast Scramble – Sausage, Peppers, Onions & Cheese Folded Western Omelet & Herbed Breakfast Potatoes Whole Grain Pancakes, Syrup, Turkey Sausage, Breakfast Potatoes Thick Cut French Toast w/Strawberry Compote Biscuits & Gravy		
Beverage Options	Dessert Options	
1% Milk or Juice	Regular or Reduced Calorie Dessert	
Order Options		
3-Pack	5-Pack	7-Pack