



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	
Chicken Alfredo Chicken Linguini Parma Rosa Rosemary Chicken Breast Chicken Marsala Chicken Stir Fry Chicken Curry Buttermilk Chicken Roast Turkey Chicken Fajita	Hearty Beef Stew Spaghetti Bolognese Salisbury Steak Shepherd Pie Beef Pot Roast Beef Stroganoff Tater Tot Hot Dish Beef Sloppy Joe Beef Meatloaf Beef Chili	
Fish	Pork BBQ Pork Sandwich Pork Schnitzel Stuffed Pork Loin	
Lemon Herb Cod Tuna Casserole		
Vegetarian	Halal Menu available upon request	
Egg Bake Vegetarian Lasagna		
Other Meal Options	Halal Menu available upon request	
Gluten Free/Dairy Free Renal Puree Mechanical Soft		
Breakfast		
Breakfast Waffles French Toast Breakfast Hash Biscuits and Gravy		
Beverage Options	Dessert Options	
1% Milk or Juice	Regular Dessert	
Order Options		
3-Pack	5-Pack	7-Pack