



RAMSEY COUNTY

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

## Spring 2018 Frozen Meal Selections

Poultry	Beef	
Chicken Alfredo Chicken Parma Rosa Turkey Sausage French Toast Chicken Parmesan Roast Turkey Breast Chicken Enchilada Bake Chicken Taco Bowl	Beef Chili Spaghetti Bolognese Beef Pot Roast Tator Tot Hot Dish Shephard's Pie Beef Sloppy Joe Beef Goulash	
Fish	Pork	
Lemon Fish Clam Linguini Parmesan Fish Miso Glazed Fish Tuna Casserole	BBQ Pork Sandwich Sausage and Peppers Roasted Pork Loin	
Vegetarian	Asian	
Cheesy Egg Bake Macaroni and Cheese Ricotta Dumpling Vegetarian Alfredo Breakfast Hash	Chicken Stir Fry Chicken Curry Teriyaki Pork Korean Beef Meatballs Vegetable Lo Mein	
Beverage Options		
Grape Juice Apple Juice Orange Juice 1% Milk Skim Milk		
Order Options		
Single	5-Pack	7-Pack