



Meals on Wheels is a community based program that delivers nutritious meals to your home through the help of volunteers. Meals on Wheels is for anyone in our community in need of support or for those who just need a break.

If you're tired of cooking or want a day off, give us a try.
Recovering from an illness or surgery, give us a try.
Worried about a loved one in need of a hot meal, give us a try.
We are here for you!

Pick & Choose the days you want meals.
Delivered between 11:40 am – 12:45 pm

For more information, contact the White Bear Lake Meals on Wheels at 651-653-3123 or at mealsonwheels@isd624.org

Order Monthly

Meal prices range from \$5.80 – 8.90 depending on your monthly income.

Frozen Meal Options – Delivered Weekly

Included with meals is a preselected vegetable, side and dessert.

You may choose your beverage preference of milk or juice (apple, grape, orange)

Chicken/ Turkey Meals

Roast Turkey
Mushroom Swiss Chicken
Rosemary Chicken
Chicken Penne Parma Pasta
Turkey Taco Bowl
BBQ Chicken Bowl
Hmong Style Chicken
Vietnamese Style Chicken
Sweet and Sour Chicken
Latin Roast Chicken
Arroz Con Pollo
Chicken Tinga
Chicken Wild Rice Soup
Breakfast Sandwich

Beef Meals

Pot Roast
Meatloaf
Chili
Lasagna
Beef Stew
Beef Tacos

Fish Meals

Parmesan Crusted Fish
Mustard Herb Roasted Fish
Ginger Soy Fish
Fish Taco Bowl
Tuna Casserole

Pork Meals

Baked Ham
Pork Stir Fry
Ginger & Honey Pork
BBQ Pork Sandwich
Pork Al Pastor
Hmong Sweet Pork

Vegetarian Meals

Vegetarian Lasagna
Ratatouille
Black Bean Enchilada Bake
Lentil Soup
Oatmeal

