



**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](mailto: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

Baked French Toast  
Chicken & Wild Rice Soup  
BBQ Chicken  
3 Cheese Pasta w/ Turkey  
Tater Tot Hotdish  
Greek Chicken Pasta  
Breakfast Sandwich  
Chicken Tinga  
Orange Chicken  
Sweet and Sour Chicken  
SW Turkey Taco Bowl

Arroz Con Pollo  
Coconut Red Curry Chicken  
Sesame Chicken & Veggies

### Beef Meals

Meatloaf  
Beef Sloppy Joe  
Spaghetti w/ Meat Sauce  
Lasagna  
Ropa Vieja  
Beef Quesadilla  
Beef Stir Fry w/ Peppers  
Salisbury Steak  
Cheeseburger

### Fish Meals

Baked Fish w/ Herb Sauce  
Coconut Curry Fish  
Ginger Soy Fish  
Tuna Casserole

### Pork Meals

Baked Ham  
Hmong Sweet Pork  
Chimichurri Pork  
Ginger Honey Glazed Pork

### Vegetarian Meals

Macaroni & Cheese  
Bean Vera Cruz  
Squash Casserole  
Lentil Taco Bowl  
Sweet Potato Bean Chili