



**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 11:30 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 \$6.55 – \$9.65 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 Posole 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  
Sesame Chicken & Veggies  
Cheesy Chicken & Rice

### Beef Meals

Meatloaf  
Beef Chili  
Spaghetti w/ Meat Sauce  
Lasagna  
Ropa Vieja  
Beef Quesadilla  
Korean Inspired Beef  
Salisbury Steak  
Cheeseburger

### Pork Meals

Baked Ham  
Hmong Sweet Pork  
Chimichurri Pork  
Maple Mustard Pork

### Fish Meals

Baked Fish w/ Herb Sauce  
Fish Taco Bowl  
Ginger Soy Fish  
Mustard Herb Fish

### Vegetarian Meals

Macaroni & Cheese  
Chickpea Tikka Masala  
Squash Casserole  
Lentil Taco Bowl  
Butternut Squash Soup