



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
Chicken & Wild Rice Soup
Rosemary Chicken
Chicken Penne Parma Pasta
Chicken Alfredo Pasta
Turkey Tetrizzini
Breakfast Sandwich
Chicken Enchilada Bake
Vietnamese Style Chicken
Sweet and Sour Chicken
SW Turkey Taco Bowl
Arroz Con Pollo
Cilantro Lime Chicken
Chicken & Tomato Stir Fry

Beef Meals

Pot Roast
Meatloaf
Spaghetti w/ Meat Sauce
Lasagna
Beef Tips in Gravy
Beef Tacos
Beef Quesadilla

Fish Meals

Parmesan Crusted Fish
Fish w/ Spinach sauce
Ginger Soy Fish
Tuna Casserole

Pork Meals

Baked Ham
Pork & Cabbage Stir Fry
Pork w/ Sour Bamboo
Cheesy Broccoli & Ham
Herb Roasted Pork
Sesame Pork Noodles

Vegetarian Meals

Vegetarian Lasagna
Macaroni & Cheese
Black Bean Enchilada Bake
Lentil Soup
Vegetable Egg Bake