



Meals On Wheels

Now Offering

FROZEN MEALS

Call **(608) 276-7598** to order meals

- Perfect for new parents, elderly individuals, and post-surgery patients
- Options for dietary restrictions available

Prepared fresh daily* in Sun Prairie by
Market Street Diner & Bakery

*entrée portion is frozen and other items are shelf stable



FROZEN MEALS TO-GO

- 1) Roasted chicken breast with mashed potatoes and gravy, peas and pearl onions, dinner roll, cantaloupe, strawberry Jell-O, juice or milk
- 2) Pot roast, boiled potatoes and gravy, California blend veggies, oranges, dinner roll, chocolate chip cookie, juice or milk
- 3) Spaghetti and meatballs, broccoli, applesauce, pineapple, French bread, chocolate chip cookie, juice or milk
- 4) Meatloaf, mashed potatoes and gravy, green beans, oranges, dinner roll, chocolate chip cookie, juice or milk
- 5) Chicken pot pie with mashed potatoes, green beans, cantaloupe, dinner roll, chocolate chip cookie, juice or milk
- 6) Roasted turkey, mashed potatoes and gravy, green beans, pineapple, dinner roll, chocolate chip cookie, juice or milk
- 7) Chicken salad, broccoli, cantaloupe, whole wheat bread, chocolate pudding, juice or milk
- 8) Fish cake, rice pilaf, broccoli, applesauce, dinner roll, chocolate chip cookie, juice or milk



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