



**May, 2026 Meals on Wheels - Frozen Pack Choice**

**Be sure to give your choices to your driver as soon as possible**

**in order to receive your chosen meals. Please keep this copy for your records.**

**Instructions:**

On the YELLOW sheet, please indicate your meal choice. For example, if you receive a Pack of 5 each week and you would like Option B. You will circle 5 B

You may chose Option A one week and Option B the following week. You may also choose to have the same option every week.

Option A Red Bag	Option B Green or Blue Bag
Meals are produced in house.	Meals are purchased from Golden Gourmet
Managers Choice	Chicken w/Gravy Potato Carrot Lima Beans Cheese Lasagna w/Squash & Ital Veg Beef and Cheddar Macaroni & Cheese Macaroni & Cheese w/Peas & Carrots Meatloaf Mashed Potato Brussels Sprouts Cheese Tortellini Meal Turkey Dress w/ Green Beans & Corn

*\* Meals may be subject to change prior to delivery based on the availability of items  
 Milk, butter, bread and fruit will be provided with all meals.  
 If you have any questions, please give us a call at 513-867-6222*