



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 but 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

Order Monthly

Meal price range from \$5.80 - \$8.90
depends on your monthly income

For more information, contact the White Bear Lake *Meals on Wheels* at
651-653-3123 or mealsonwheels@isd624.org

FROZEN MEAL OPTIONS – DELIVERED WEEKLY

Included with meals are a preselected vegetable, side, and dessert.
You may choose your beverage preference of milk, or juice (*apple, grape, orange*).

Chicken/Turkey Meals

Arroz Con Pollo
Breakfast Turkey Sandwich
Chicken Tinga
Chicken w/Swiss & Mushroom
Hmong Style Chicken
Honey Garlic Chicken
Latin Roast Chicken
Roast Turkey Dinner
Seared Chicken & Gravy
Southwest Turkey Bowl
Turkey Curry Bowl
Turkey Tetrazzini
Vietnamese Style Chicken

Beef Meals

Chili
Cuban Beef
Meatloaf
Pasta w/Meat Sauce
Pot Roast
Salisbury Steak

Fish Meals

Baked Mahi Mahi
Ginger Soy Fish
Mustard Herb Roasted Fish
Tuna Casserole

Pork Meals

Baked Ham
Garlic Parmesan Pork Loin
Hmong Sweet Pork
Italian Sausage Egg Bake
Latin Roast Pork
Pork Al Pastor
Sesame Noodles & Pork

Vegetarian Meals

Breakfast Hash
Lentil Soup
Oatmeal
Stuffed Peppers
Vegetable Sweet and Sour