

Meals on Wheels - Frozen Options

May - July 2026



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

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

Spring Pesto Chicken Pasta
Roast Turkey Dinner
Three Cheese Pasta w/ Turkey
Chicken Spaetzle Soup
Chicken Swiss and Mushroom
Blueberry Sheet Pancakes
Teriyaki Chicken
Chicken Tinga

Beef Meals

Salisbury Steak
Beef and Barley Stew
Meatloaf
Beef Cottage Pie
Beef Lasagna
Beef and Broccoli
Beef Cabbage Roll Bowl
Beef Tacos

Fish Meals

Baked Fish with Spinach
Mediterranean Herb Fish
Fish Taco Bowl
Tuna Casserole

Pork Meals

Ham and Potato Soup
Garlic Parmesan Pork
Pesto Spring Veggie Pilaf with Ham
Pizza Beans with Italian Sausage
Ground Pork Fried Rice

Vegetarian Meals

Tater Tot Breakfast Bowl
Chickpea Shakshuka
Spinach Artichoke Pasta Bake
Macaroni and Cheese
Sweet Potato and Bean Quesadilla