HEATING INSTRUCTONS All microwaves are different, adjust time as needed. Please keep frozen until ready to eat. Peel back one corner of film to vent. Cook on high for 1-2 minutes. Carefully pull back film, stir contents, and cover again. Heat to 165F Remove film, stir, and let stand for 1-2 minutes.

Daily Calories with Grams of Carbs Per Meal					
Calories	1500	1800	2000		
Breakfast	45 gms	60 gms	75 gms		
Lunch	45 gms	60 gms	75 gms		
Dinner	45 gms	60 gms	75 gms		

Carbs (g) are shown next to each food item. For more nutritional information and suggested meals for sodium, carb and fat-controlled diets, please visit our website: www.selectmeals.org.

Available Cereals

Frosted Flakes (30)	Apples Jacks (24)
Corn Flakes (22)	Cocoa Krispies (34)
Fruit Loops (24)	Frosted Mini Wheats (24)
Corn Pops (24)	Rice Krispies (25)

Toasted Oats (21) Rice Krispies (25) Raisin Bran (21)

Calling All Foodies.

We invite you to share your creative and tasty ideas
for our December menu—your feedback means the
world to us, and we're excited to hear what inspires
you! Plus, every submission enters you into a drawing
for a \$50 Select Meals gift card

Contact us.

We hope you are enjoying our meals and would love to know what you think. Follow us on Facebook.

Select Meals

Phone: 330-515-6770 Fax: 330-294-1938

Email: forksupport@selectmeals.org

Web: www.selectmeals.org

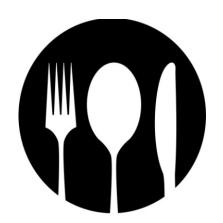
NAME:

DELIVERY DAY:

Route:

Enjoy our new menu! beginning **Monday, November 3, 2025**

Select Meals



Menu Good food is our Recipe.

Please have your menu ready for your driver

Please call 330-515-6770, if you need to reschedule your delivery.

www.selectmeals.org

November Menu

RT

Entrees		Sides		
Please Choose Entrees		Please Choose Side		
Turkey & Gravy - Roasted turkey (1),		Homemade Stuffing - Seasoned with		
served with gravy – 3oz (4)		herbs, onions, and celery - ½ cup (24)		
Swedish Meatballs -5 Beef meatballs				
topped with a Swedish gravy - 3oz (10)		tossed in a Swedish gravy- ½ cup (25)		
Tuna w/ Mayo - A packet of light Tuna		Southern Cornbread-Sweet and		
served with a side of mayo – 3oz (0)		savory cornbread - ½ cup (28)		
Fried Chicken - Southern fried chicken		Garden Rice- ½ cup deliciously		
bone-in - 3oz (4)		seasoned white rice and veggies (31)		
Meatloaf/w Gravy- Made with seasoned		Mashed Potatoes - Home-made with		
ground beef & topped with gravy- 4oz (7)		real potatoes - ½ cup (22)		
Turkey Ham & Cheese Sandwich - served		Cheddar Broccoli Soup - Creamy	Cheddar Broccoli Soup - Creamy	
on a Hawaiian Bun - 3oz (27)		cheesy broccoli soup – 1 cup (20)	cheesy broccoli soup – 1 cup (20)	
Breakfast Sandwich-Sausage, egg, and		Cereal - enjoy a bowl of tasty cereal,		
cheese - 40z (28)		selections on the back of the menu		
Vegetables		Fruit & Desserts		
Please Choose Vegetables		Please Choose Treats		
Green Beans- ½ cup Green Beans are		Fresh Banana is a reliable source of		
nutrient-packed with vitamin A&K (4)		Potassium and Vitamin B6 (20)		
Collard Greens - ½ cup is a good source		Dried Cranberries - are a reliable		
of vitamins and minerals (4)		source of vitamin C (28)		
Fresh Baby Carrots - Served in a snack		Fudge Creamed Cookie - Soft and		
pack bag – ½ cup (4)		chewy fudge cookie (23)		
Green Peas - An excellent source of		BelVita Cinnamon Sugar Biscuits-		
vitamin C and K - $\frac{1}{2}$ cup (8)		Enjoy this delicious snack (21)		
Sweet Corn- ½ cup of sweet corn is rich		Lorna Doone Shortbread Cookies -		
in Vitamins (12)		4 cookies per pack (29)		
Kyoto Vegetables- Carrots, corn, broccoli,		Grape Juice - 4oz 100% juice, a source		
soybeans and red peppers- ½ cup (9)		of antioxidants (20)		
Mandarin Orange Cup- Good source of		Orange Juice - 4oz 100% juice, a		
Vitamin C - 40z (17)		source of vitamin C (15)		
Bread - Please Choose	One	Milk - Please Choose	One	
White Bread (12)		Whole Milk (12)		
Wheat Bread (12)		2% Milk (12)		
		Chocolate Milk (24)		
Complimentary Choice of Single Serve One		Vanilla Yogurt (10)		
Chips (15)		.1		
Cinnamon Streusel Coffee Cake (28)		Happy Thanksgiving	1 !	
Cinnamon Streuser Conee Cake (28)			,	

Please select the correct number of meals for your meal plan. If you make a mistake, don't worry, we'll adjust your order to match your approved meal plan.