

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)	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

Please Choose Entrees	
Turkey & Gravy - Roasted turkey (1), served with gravy - 3oz (4)	
Swedish Meatballs - 5 Beef meatballs topped with a Swedish gravy - 3oz (10)	
Tuna w/ Mayo - A packet of light Tuna served with a side of mayo - 3oz (0)	
Fried Chicken - Southern fried chicken bone-in - 3oz (4)	
Meatloaf/w Gravy - Made with seasoned ground beef & topped with gravy- 4oz (7)	
Turkey Ham & Cheese Sandwich - served on a Hawaiian Bun - 3oz (27)	
Breakfast Sandwich -Sausage, egg, and cheese - 4oz (28)	

Vegetables

Please Choose Vegetables	
Green Beans - ½ cup Green Beans are nutrient-packed with vitamin A&K (4)	
Collard Greens - ½ cup is a good source of vitamins and minerals (4)	
Fresh Baby Carrots - Served in a snack pack bag - ½ cup (4)	
Green Peas - An excellent source of vitamin C and K - ½ cup (8)	
Sweet Corn - ½ cup of sweet corn is rich in Vitamins (12)	
Kyoto Vegetables - Carrots, corn, broccoli, soybeans and red peppers- ½ cup (9)	
Mandarin Orange Cup - Good source of Vitamin C - 4oz (17)	

Bread - Please Choose One

White Bread (12)	
Wheat Bread (12)	

Complimentary Choice of Single Serve One

Chips (15)	
Cinnamon Streusel Coffee Cake (28)	

Sides

Please Choose Side	
Homemade Stuffing - Seasoned with herbs, onions, and celery - ½ cup (24)	
Swedish Noodles -Tender noodles tossed in a Swedish gravy- ½ cup (25)	
Southern Cornbread -Sweet and savory cornbread - ½ cup (28)	
Garden Rice - ½ cup deliciously seasoned white rice and veggies (31)	
Mashed Potatoes - Home-made with real potatoes - ½ cup (22)	
Cheddar Broccoli Soup - Creamy cheesy broccoli soup - 1 cup (20)	
Cereal - enjoy a bowl of tasty cereal, selections on the back of the menu	

Fruit & Desserts

Please Choose Treats	
Fresh Banana is a reliable source of Potassium and Vitamin B6 (20)	
Dried Cranberries - are a reliable source of vitamin C (28)	
Fudge Creamed Cookie - Soft and chewy fudge cookie (23)	
BelVita Cinnamon Sugar Biscuits - Enjoy this delicious snack (21)	
Lorna Doone Shortbread Cookies - 4 cookies per pack (29)	
Grape Juice - 4oz 100% juice, a source of antioxidants (20)	
Orange Juice - 4oz 100% juice, a source of vitamin C (15)	

Milk - Please Choose One

Whole Milk (12)	
2% Milk (12)	
Chocolate Milk (24)	
Vanilla Yogurt (10)	

Happy Thanksgiving!

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.