

Evening Meals on Wheels

It's More Than a Meal

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We are accepting new clients!

Looking for fresh and nutritious meal options delivered to your door or to a loved one? Whether you need meals on a temporary basis or for an indefinite period of time, we can help! For every day of the week we are making contactless evening meal deliveries to residents of Madison, Middleton, Fitchburg, Monona, and Sun Prairie. All meals come with a main entree, vegetable side dish, starch, and a dessert. Not only does our service help meet the nutritional needs of our clients, but also offers important social contact. Our volunteer drivers enjoy getting to know our clients, offer a friendly smile, and report any safety concerns. During this outbreak of COVID-19, we are taking precautions to ensure the safety of our clients and volunteers.

Timeframe

Hot meals are delivered to your door between 4pm and 6pm, Monday through Friday. Cold meal options are available for Saturday and Sunday. You get to choose which days of the week you would like to receive deliveries.

Pricing

The cost is \$8.40/meal for regular diets. For \$9.10/meal, we can accommodate gluten sensitive and diabetic diets. The cost of delivery is included in the price. No tipping required!

How Does Payment Work?

You can either pay with a credit card or set up an electronic fund transfer from a bank account. Charges are automatic and are processed once a month.

Who Can Participate?

- Individuals ages 60+
- Adults who have disabilities

How do I Get Started?

Signing up is fast and easy and can be done by calling our office at 608-204-0923. You can also email us at meals@marquardtmanagement.com. We just need your contact information, diet information, desired delivery schedule, and payment method.

A Grateful Daughter Says

I just want to send a great big thank you to everyone involved in Meals on Wheels. The administration, chefs, and volunteers. My parents have thoroughly enjoyed the meals and the volunteers have been so wonderful! We are so grateful and feel so blessed that so many people are dedicated to providing this service. My father so appreciates that he doesn't have the stress of trying to grocery shop and try to plan and cook meals. He is 87 and my mother is 91 and having this service has helped them to continue to age in their home where they are most happy. The meals have been well balanced and a small dessert is always a nice end to their meal. My brother was so impressed that he has started to volunteer for meals on wheels as well as Habitat for Humanity. Please pass this note of gratitude to everyone and let them know how much they

are appreciated. It truly is the small things in life that we do for one another that makes the greatest impact and makes the world a better place.

Volunteer Support

With support from donors and more than 150 volunteers, we're doing our part to make sure no senior goes hungry in the Greater Madison Area. Our thanks go out to all volunteers and to all donors who contribute financially to the program. As a nonprofit organization, we rely heavily on local support. Without it, we would not be able to provide this service.

In order to keep up with the demand in our community, we have a great need for Volunteer Delivery Drivers. [Click here](#) to learn more about how you can help.

EVENING MEALS ON WHEELS MENU – JANUARY 2021

Monday	Tuesday	Wednesday	Thursday	Friday
4	5	6	7	8
Breaded Chicken w/Red Sauce Broccoli Apple Sauce Chocolate Pudding	Sausage Jambalaya Cornbread Steamed Green Beans Salad Bread Pudding	Chicken Enchiladas Refried Beans Roasted Corn Fresh Fruit – Banana	Roasted Pork Loin w/Gravy Mashed Potatoes Steamed Mixed Vegetables Mini Pie <u>Saturday Cold Meal:</u> Chicken Alfredo Casserole	Baked Cod w/Lemon Dill Sauce Roasted Potato Sauteed Spinach Lemon Bar <u>Sunday Cold Meal:</u> Vegetable Frittata
11	12	13	14	15
Meatball Casserole Brussels Sprouts Cauliflower Brownie	French Onion Bake Steamed Carrots Apple Sauce Salad Chocolate Mousse	Meat Lasagna Roasted Zucchini Sauteed Spinach Fresh Fruit	Flank Steak w/Romesco Roasted Beets Garlic Green Beans Sugar Cookie <u>Saturday Cold Meal:</u> Chicken & Quinoa Casserole	Breaded Catfish w/Tartar Sauce Peas Red Beans & Rice Rice Pudding <u>Sunday Cold Meal:</u> Teriyaki Chicken
18	19	20	21	22
Meatloaf Mashed Potatoes Carrot Puree Brownie	Pork Fried Rice Broccoli Carrots Salad Oatmeal Raisin Cookie	Chicken Cacciatore Polenta Peppers & Onions Fresh Fruit - Melon	Turkey Tetrazzini Cauliflower Sauteed Spinach Lemon Bar <u>Saturday Cold Meal:</u> Ham & Cheese Stromboli	Tuna Casserole Sweet Potatoes Peas Vanilla Pudding <u>Sunday Cold Meal:</u> Cheeseburger Casserole
25	26	27	28	29
Chicken Pot Pie Peas Carrots Brownie	BBQ Pork Baked Beans Corn Salad Rice Pudding	Chicken Mac & Cheese Steamed Broccoli Buttered Carrots Fresh Fruit – Banana	Salisbury Steak Mashed Potatoes Steamed Mixed Vegetables Lemon Bar <u>Saturday Cold Meal:</u> Chicken & Dumplings	Roasted Trout w/White Wine Sauce Rice Steamed Green Beans Yogurt Parfait <u>Sunday Cold Meal:</u> Mushroom & Spinach Streusel



Evening Meals on Wheels

December 16, 2020

Hello,

Enclosed is our Evening Meals on Wheels Menu for the month of January. We hope you enjoy! Be sure to check out our small flyer explaining updates about beverages.

Happy holidays and best wishes,
Addie Endreson, Evening Meals on Wheels Manager

Instructions

Orders and Cancellations: Thank you for calling in/emailing all changes for the month at one time!

- Hot Meals - submit by noon the business day before.
- Weekend Cold Meals - submit by noon on Wednesday.

Absences:

If you are not going to be home within the delivery window (4pm to 6pm), please leave an insulated cooler or lunchbox by your door (cardboard boxes, totes, and plastic bags are not considered insulated). This is to ensure your food stays at a safe temperature. For your safety, we recommend retrieving your meal no later than 7pm so it won't spoil.

Refrigeration Instructions:

- If you do not plan to eat your meal immediately after delivery, please refrigerate.
- Before refrigerating, tear back a corner of the plastic covering to prevent condensation.

Heating Instructions:

Microwave

- Our black plastic meal trays are microwavable.
- Before heating, poke holes in the plastic cover.
- All microwave ovens vary in cooking times. Try heating your meal for 1 to 2 minutes. Heat for additional time as needed.

Oven

- Our black plastic meal trays are not oven safe.
- Place meal on a cookie sheet and bake no longer than 20-25 minutes at 350 degrees.
- Cold side salad dishes should not be heated.

Note: there may be last-minute substitutions on the menu due to unexpected shortages in the supply chain.