







WesleyLife Meals on Wheels - May 2024

Route : _____

Menu Instructions: Please circle your choices and return by _____
or as soon as possible. Mark an "X" over the day to CANCEL.

First and Last Name: _____

Write 'DELI' over the day to choose the deli option.

DELI MEALS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>This Week's Deli Meal</u> Berry Almond Chicken Salad 15.7 <i>*Chicken, Mixed Salad Greens, Sliced Almonds, Dried Cranberries, Strawberries</i> Wheat Crackers 7.7 Fresh Seasonal Fruit 17.3 Oatmeal Creme Pie 21.1 Milk 11.3 Balsamic Dressing 5.4			1 CHO (A) Pulled BBQ Pork  22 Macaroni & Cheese 9.5 Corn O'Brien 21.9 Whole Wheat Bread 12 Fresh Seasonal Fruit 18.4 Milk 11.3 Margarine 0 (B) Italian Ranch Chicken Thigh  13.4	2 CHO (A) Swedish Meatballs 9.9 Mashed Potatoes 14.8 Green Beans 6.8 Wheat Roll 13 Milk 11.3 Margarine 0 (B) Shredded Pork w/Brown Gravy  0	3 CHO (A) Tuna Noodle Au Gratin 22 Diced Beets 11.3 Capri Vegetable Blend 7.1 Whole Wheat Bread 12 Coconut Cake 28.3 Chocolate Milk 30.6 Margarine 0 (B) Chicken Rice Casserole 35.3	4 CHO (A) Chicken w/Creamy Garlic Sauce 1.6 O'Brien Hashbrowns 5.5 Glazed Carrots 12 Whole Wheat Bread 12 Fruit Cup 14.3 Milk 11.3 Margarine 0 (B) Salisbury Beef w/Brown Gravy 5	5 CHO (A) Beef Chili 25.2 White Rice 22.7 Herbed Green Peas 13.1 Wheat Roll 13 Oatmeal Crème Pie 21.1 Milk 11.3 Margarine 0 (B) Honey Mustard Chicken 8.4
<u>This Week's Deli Meal</u> Tuna Salad 6.1 Cucumber Tomato Salad 5.1 Wheat Bread 24 Fresh Seasonal Fruit 17.3 Rice Krispie Treat 17.7 Milk 11.3	6 CHO (A) Country Fried Steak w/Country Gravy 16.1 Mashed Potatoes 2.5 Garden Vegetable Blend 14.8 Multi-Grain Bread 11.6 Oreo Brownie 14 Milk 27.7 Margarine 11.3 (B) Baked Chicken w/Poultry Gravy 0	7 CHO (A) BBQ Chicken Thigh 16 Baked Pinto Beans 31.5 Whole Kernel Corn 21.3 Wheat Roll 13 Applesauce 16.6 Milk 11.3 Margarine 0 (B) Western Baked Beef 9.6	8 CHO (A) Pork Loin w/Apple Salsa  0 Buttered Rice 2.1 Green Beans 22.7 Multi-Grain Bread 7 Tropical Fruit 14 Milk 34.7 Margarine 11.3 (B) Sweet & Sour Chicken 0	9 CHO (A) Hamburger Patty 2 Lettuce, Tomato, Onion 4.5 Oven Roasted Potatoes 11.7 Wheat Hamburger Bun 21.6 Milk 11.3 Mayonnaise 0 (B) Bratwurst Patty  2	10 CHO (A) Chicken Fettuccini Alfredo 29.3 Green Peas 12.9 Tossed Salad 1.7 Garlic Breadstick 15 Fresh Seasonal Fruit 17.3 Chocolate Milk 30.6 Salad Dressing 0.8 (B) Tuna Tetrazzini 17.6	11 CHO (A) Baked Chicken w/Poultry Gravy 0 Mashed Potatoes 1.4 Garden Vegetable Blend 14.8 Multi-Grain Bread 11.6 Rice Krispie Treat 14 Applesauce 17.7 Milk 18.1 Margarine 11.3 (B) Country Fried Steak w/Country Gravy 0	12 CHO (A) Western Baked Beef 9.6 Baked Pinto Beans 31.5 Whole Kernel Corn 21.3 Wheat Roll 13 Rice Krispie Treat 17.7 Milk 11.3 Margarine 0 (B) BBQ Chicken Thigh 16
<u>This Week's Deli Meal</u> Southwest Chicken Salad 11.8 <i>*Chicken, Mixed Salad Greens, Tomatoes, Corn, Black Beans, Picante Sauce</i> Wheat Crackers 7.7 Fresh Seasonal Fruit 17.3 Oatmeal Creme Pie 21.1 Milk 11.3 Ranch Dressing 2.5	13 CHO (A) Creole Steak 8.1 Mashed Potatoes 14.8 Brussels Sprouts 8.3 Whole Wheat Bread 12 Fresh Fruit 18.6 Milk 11.3 Margarine 0 (B) Turkey Ham, Broccoli, and Cheesy Rice Casserole  28.9	14 CHO (A) Lemon Pepper Chicken 3.2 Roasted Red Potatoes 11.3 Green Beans 7 Multi-Grain Bread 14 Carnival Cookie 23.8 Milk 11.3 Margarine 0 (B) Salisbury Beef w/Brown Gravy 5	15 CHO (A) Hot Dog   3 Baked Pinto Beans 31.5 Potato Salad 27.3 Bun 26 Fresh Seasonal Fruit 17.3 Milk 11.3 (B) Shredded Chicken w/Onions & Peppers 1.5	16 CHO (A) Chicken Tetrazzini 25 Green Peas 12.9 Tossed Salad 1.7 Garlic Breadstick 15 Milk 11.3 Margarine 0 Salad Dressing 0.8 (B) Pizza Bake 16.4	17 CHO (A) Homemade Meatloaf w/Brown Gravy 7.5 Mashed Potatoes 1.4 Mashed Potatoes 14.8 Sliced Carrots 7.2 Wheat Roll 13 Fresh Seasonal Fruit 18.4 Chocolate Milk 30.6 Margarine 0 (B) BBQ Baked Chicken 12	18 CHO (A) Turkey Ham, Broccoli, and Cheesy Rice Casserole  28.9 Mashed Potatoes 14.8 Brussels Sprouts 8.3 Whole Wheat Bread 12 Fruit Cup 14.3 Milk 11.3 Margarine 0 (B) Creole Steak 8.1	19 CHO (A) Salisbury Beef w/Brown Gravy 5 Roasted Red Potatoes 1.4 Mashed Potatoes 11.3 Green Beans 7 Multi-Grain Bread 14 Fudge Round 23 Milk 11.3 Margarine 0 (B) Lemon Pepper Chicken 3.2
<u>This Week's Deli Meal</u> Turkey & Swiss Cheese 1.5 Lettuce & Tomato 1 Coleslaw 10.1 Multi-Grain Bread 28 Fresh Seasonal Fruit 17.3 Fudge Round Cookie 23 Milk 11.3 Mustard/Mayonnaise 0.3	20 CHO (A) Beef Patty w/Mushroom Gravy 4.5 Buttered Egg Noodles 20.2 Green Peas 12.9 Multi-Grain Bread 12 Wheat Bread 25.4 Cherry Gelatin 11.3 Milk 0 Margarine 3 (B) Baked Chicken w/Poultry Gravy 1.4	21 CHO (A) Orange Cranberry Pork  7.4 Oven Roasted Potatoes 13 Harvard Beets 7 Multi-Grain Bread 14 Lemon Bar 21.4 Milk 11.3 Margarine 0 (B) BBQ Chicken Thigh 16	22 CHO HOLIDAY MEAL DELIVERED TODAY (A) Chicken w/Picante Sauce  4.8 Rice 22.7 California Vegetable Blend 5.8 Multi Grain Bread 14 Pineapple Tidbits 23.6 Milk 11.3 Margarine 0 (B) Swedish Meatballs 9.9	23 CHO (A) Herb Marinated Chicken 3.2 Mashed Potatoes 14.8 Broccoli 4 Cornbread 22.5 Milk 11.3 Margarine 0 (B) Liver & Onions 9.5	24 CHO (A) Tater Tot Casserole  24.1 Sliced Carrots 7.5 Whole Wheat Bread 12 Fresh Seasonal Fruit 17.3 Chocolate Milk 30.6 Margarine 0 (B) Chicken Noodle Casserole 24.1	25 CHO (A) Baked Chicken w/Poultry Gravy 3 Mashed Potatoes 1.4 Buttered Egg Noodles 20.2 Green Peas 12.9 Multi-Grain Bread 12 Fig Bar 21.6 Milk 11.3 Margarine 0 (B) Beef Patty w/Mushroom Gravy 4.5	26 CHO (A) BBQ Chicken Thigh 16 Oven Roasted Potatoes 13 Harvard Beets 7 Multi-Grain Bread 14 Fig Bar 30.1 Milk 11.3 Margarine 0 (B) Orange Cranberry Pork  7.4
<u>This Week's Deli Meal</u> Chicken Club Salad 15.7 <i>*Chicken, Mixed Salad Greens, Tomatoes, Bacon Bits, Shredded Cheese</i>  Wheat Crackers 7.7 Fresh Seasonal Fruit 17.3 Oatmeal Creme Pie 21.1 Milk 11.3 Balsamic Dressing 5.4	27 CHO (A) Sausage Patty (2) 0.8 Hashbrown Casserole 18.7 Cinnamon Roll 18 Fruit Cup 14.3 Milk 11.3 (B) Vegetarian Chili	28 CHO (A) Chicken w/Onions & Peppers 3.5 Country Potatoes 19.7 Green Peas 12.9 Wheat Roll 13 Fig Bar 18.6 Milk 11.3 Margarine 0 (B) Meatballs w/Gravy 9.4	29 CHO (A) Pork Carnitas  0.9 Mexican Rice 21.8 Fiesta Vegetable Blend 10.3 Flour Tortilla 17.8 Fig Bar 30.1 Milk 11.3 (B) Taco Beef w/Lettuce & Tomato 3.2	30 CHO (A) Salisbury Beef w/Gravy 6.4 Mashed Potatoes 14.8 Glazed Carrots 12 Multi Grain Bread 14 Milk 11.3 Margarine 0 (B) Almond Dijon Chicken  18.4	31 CHO (A) Honey Baked Chicken 13.4 Baked Pinto Beans 31.5 Baby Red Potatoes 13.6 Wheat Roll 13 Fresh Fruit 18.6 Chocolate Milk 30.6 Margarine 0 (B) Meatloaf w/Gravy 8.9		

PLEASE NOTE: To change your menu option, cancel a meal, or are unable to be home for delivery, please call 515-699-3240 by 11:00 the prior business day to avoid a fee.



Entree contains >700 mg Sodium

CHO Denotes grams of Carbohydrate



Denotes pork in recipe