

WesleyLife Meals on Wheels - April 2024

Route : _____

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

First and Last Name: _____

DELI MEALS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>This Week's Deli Meal</u> Egg Salad 7.5 Lettuce & Tomato 2.1 Carrot Raisin Salad 14.7 Multi-Grain Bread 28 Fresh Seasonal Fruit 17.3 Fudge Round Cookie 23 Milk 11.3	1 CHO (A) Cranberry Chicken Thigh 19 Oven Roasted Potatoes 11.3 Capri Vegetable Blend 7.1 Wheat Bread 12 Graham Crackers 10.9 Milk 11.3 Margarine 0 (B) Glazed Ham 3.5	2 CHO (A) Pizza Bake 16.4 Green Peas 12.9 Tossed Salad 1.7 Garlic Breadstick 15 Pineapple Tidbits 23.6 Milk 11.3 Margarine 0 Salad Dressing 0.4 (B) Chicken Tetrazzini 25	3 CHO (A) BBQ Pork Rib Patty 5.1 Whole Red Potatoes 15.1 Sliced Carrots 7.2 Wheat Roll 13 Fresh Seasonal Fruit 18.4 Milk 11.3 (B) Homemade Meatloaf w/Gravy 7.5	4 CHO (A) Turkey Ham Potato Casserole 9 Corn w/Onions & Peppers 21.9 Applesauce 16.6 Wheat Roll 20 Milk 11.3 Margarine 0 (B) Creole Beef Patty 8.1	5 CHO (A) Hot Dog 3 Baked Pinto Beans 31.5 Coleslaw 10.1 Hot Dog Bun 26 Carnival Cookie 23.8 Chocolate Milk 30.6 (B) Shredded Chicken w/Onions & Peppers 1.5	6 CHO (A) Glazed Ham 3.5 Oven Roasted Potatoes 11.3 Capri Vegetable Blend 7.1 Wheat Bread 12 Fruit Cup 14.3 Milk 11.3 Margarine 0 (B) Cranberry Chicken Thigh 19	7 CHO (A) Chicken Tetrazzini 25 Green Peas 12.9 Sliced Carrots 7.2 Garlic Breadstick 15 Oatmeal Crème Pie 21.1 Milk 11.3 Margarine 0 (B) Pizza Bake 16.4
<u>This Week's Deli Meal</u> Chef Salad* 5.6 <i>*Turkey, Ham, Egg, Cheddar Cheese, Tomato, Mixed Greens, and Carrots</i> Pasta Salad 22 Fresh Seasonal Fruit 17.3 Brownie 27.1 Milk 11.3 Ranch Salad Dressing 2.5	8 CHO (A) Baked Chicken w/Dill Sauce 4.4 Whole Kernel Corn 21.3 Tossed Salad 1.7 Whole Wheat Bread 12 Fresh Seasonal Fruit 17.3 Milk 11.3 Margarine 0 Salad Dressing 0.4 (B) Beef Tater Tot Casserole 24.1	9 CHO (A) Sausage w/Onions & Peppers 5.6 Tiny Whole Potatoes 17.9 Green Peas 13 Whole Wheat Bread 12 Fresh Seasonal Fruit 17.3 Milk 11.3 Margarine 0 (B) Baked Chicken w/Gravy 1.4	10 CHO (A) BBQ Chicken Thigh 16 Oven Roasted Potatoes 13 Seasoned Green Beans 7 Multi-Grain Bread 14 Cinnamon Cake 28.1 Milk 11.3 Margarine 0 (B) Shredded Pork w/Orange Cranberry Sauce 0	11 CHO (A) Turkey Poultry Gravy 1.5 Mashed Potatoes 14.8 Green Beans 7 Pineapple Tidbits 23.6 Milk 11.3 Margarine 0 (B) Meatballs w/Gravy 9.4	12 CHO (A) Potato Crusted Pollock 15 Rice 22.7 Broccoli 4 Cornbread 22.5 Fresh Seasonal Fruit 17.3 Chocolate Milk 30.6 Margarine 0 (B) Liver & Onions 9.5	13 CHO (A) Beef Tater Tot Casserole 24.1 Whole Kernel Corn 21.3 Green Beans 6.8 Whole Wheat Bread 12 Applesauce 18.1 Milk 11.3 Margarine 0 (B) Chicken Noodle Casserole 24.1	14 CHO (A) Baked Chicken w/Gravy 1.4 Tiny Whole Potatoes 17.9 Green Peas 13 Whole Wheat Bread 12 Rice Krispie Treat 17.7 Milk 11.3 Margarine 0 (B) Sausage w/Onions & Peppers 5.6
<u>This Week's Deli Meal</u> Honey Mustard Chicken Salad 19.3 Corn Salad 24.5 Wheat Bread 24 Fresh Seasonal Fruit 17.3 Rice Krispie Treat 17.7 Milk 11.3	15 CHO (A) Almond Dijon Chicken 18.4 Mashed Potatoes 14.8 Green Peas 12.9 Wheat Bread 12 Fruited Gelatin 32 Milk 11.3 Margarine 0 (B) Beef Patty w/Mushroom Gravy 4.5	16 CHO (A) Beef Taco 3.2 Lettuce & Tomato 1 Shredded Cheese 0.4 Mexican Rice 21.8 Fiesta Vegetable Blend 10.3 Flour Tortilla 17.8 Fig Bar 30.1 Milk 11.3 Margarine 0 (B) Pork Carnitas 0.9	17 CHO (A) Baked Chicken Breast Poultry Gravy 0 Mashed Potatoes 14.8 Glazed Carrots 12 Multi Grain Bread 14 Strawberry Applesauce 21.6 Milk 11.3 Margarine 0 (B) Salisbury Beef w/Gravy 6.4	18 CHO (A) Beef Meatloaf Tomato Gravy 7.5 Hashbrown Casserole 2.7 Baked Pinto Beans 32.6 Baby Red Potatoes 13.6 Wheat Roll 13 Milk 11.3 Margarine 0 (B) Honey Baked Chicken 13.4	19 CHO (A) Sausage Patty (2) 0.8 Hashbrown Casserole 18.7 Cinnamon Roll 18 Fresh Seasonal Fruit 18.4 Chocolate Milk 30.6 (B) Vegetarian Chili 9.8	20 CHO (A) Beef Patty w/Mushroom Gravy 4.5 Mashed Potatoes 14.8 Green Peas 12.9 Wheat Bread 12 Fruit Cup 14.3 Milk 11.3 Margarine 0 (B) Almond Dijon Chicken 18.4	21 CHO (A) Pork Carnitas 0.9 Shredded Cheese 0.4 Mexican Rice 21.8 Fiesta Vegetable Blend 10.3 Flour Tortilla 17.8 Fudge Round 23 Milk 11.3 Margarine 0 (B) Beef Taco Shredded Cheese 3.2
<u>This Week's Deli Meal</u> Chicken Caesar Salad* 8.8 <i>*Chicken, Mixed Salad Greens, Parmesan</i> Croutons 5.1 Fresh Seasonal Fruit 17.3 Oatmeal Creme Pie 21.1 Milk 11.3 Caesar Dressing 1	22 CHO (A) BBQ Meatball Sandwich 24 Whole Red Potatoes 15.3 Green Beans 7 Hot Dog Bun 26 Fresh Seasonal Fruit 17.3 Milk 11.3 (B) Shredded Chicken w/Onions & Peppers 1.5	23 CHO (A) Goulash 25.2 Glazed Carrots 12 Green Peas 13 Garlic Breadstick 15 Oatmeal Raisin Cookie 22.9 Milk 11.3 (B) Garlic Rosemary Chicken Thigh 0.7	24 CHO (A) Apple Glazed Pork 8 Mashed Potatoes 14.8 Mixed Vegetables 13.5 Whole Wheat Bread 12 Fresh Seasonal Fruit 17.3 Milk 11.3 Margarine 0 (B) Creole Beef Patty 8.1	25 CHO (A) Hamburger Patty 2 Lettuce, Tomato, Onion 4.5 Italian Roasted Potatoes 11.7 Baked Beans 37.8 Wheat Hamburger Bun 21.6 Milk 11.3 (B) Baked Chicken Sandwich 3	26 CHO (A) Fish Sandwich 20 Macaroni & Cheese 9.5 Green Beans 6.8 Wheat Hamburger Bun 21.6 Brownie 27.1 Chocolate Milk 30.6 (B) Sloppy Joe 6.8	27 CHO (A) Shredded Chicken w/Onions & Peppers 1.5 Whole Red Potatoes 15.3 Green Beans 7 Hot Dog Bun 26 Strawberry Applesauce 21.6 Milk 11.3 (B) BBQ Meatball Sandwich 24	28 CHO (A) Garlic Rosemary Chicken Thigh 0.7 Glazed Carrots 12 Green Peas 13 Garlic Breadstick 15 Fig Bar 30.1 Milk 11.3 (B) Goulash 25.2
<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	29 CHO (A) Salisbury Beef 5 Brown Gravy 1.4 O'Brien Hashbrowns 5.5 Glazed Carrots 12 Whole Wheat Bread 12 Fig Bar 30.1 Milk 11.3 Margarine 0 (B) Chicken w/Creamy Garlic Sauce 1.6	30 CHO (A) Honey Mustard Chicken 8.4 White Rice 22.7 Herbed Green Peas 13.1 Wheat Roll 13 Raspberry Cheesecake Pudding 22 Milk 11.3 Margarine 0 (B) Beef Chili 25.2					

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

Cassidy Rivers Beavers, MS, RD, LD