






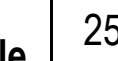











WesleyLife Meals on Wheels - March 2024

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> Asian Chicken Salad* <i>*Chicken, Mixed Salad Greens, Cucumbers, Mandarin Oranges, Chow Mein Noodles, and Sesame Asian Dressing</i> Wheat Crackers Fresh Seasonal Fruit Honey Bun Milk	CHO									(A) Cheesy Baked Ziti	1	CHO	(A) Beef Patty w/Country Gravy	2	CHO	(A) Hamburger Stew	3	CHO	
	6.9									Tossed Salad		38.5	Mashed Potatoes	2		Green Beans		38.5	
										Garlic Breadstick		1.7	Mixed Vegetables	2.5		Fruit Cocktail		6.8	
										Fresh Fruit		15	Multi Grain Bread	14.8		Cornbread		21.8	
										Chocolate Milk		17.3	Applesauce	13.4		Orange Juice		22.5	
										Margarine		30.6	Milk	12.3		Milk		15.7	
<u>This Week's Deli Meal</u> Chef Salad*  <i>*Turkey, Ham, Egg, Cheddar Cheese, Tomato, Mixed Greens, and Carrots</i> Pasta Salad Fresh Seasonal Fruit Brownie Milk Ranch Salad Dressing	CHO	(A) Sliced Ham  	4	CHO	(A) Baked Chicken Thigh w/Creole Sauce	5	CHO	(A) Hamburger Patty w/Tomato/Onion	6	CHO	(A) Baked Chicken Breast w/Tomato Basil Sauce	7	CHO	(A) Potato Crusted Pollock	8	CHO	(A) Spaghetti Casserole	10	CHO
	5.6	Mashed Potatoes	0.6	14.8	Green Beans	0	4.4	Au Gratin Potatoes	2	4.5	Whole Kernel Corn	0	3.8	Diced Beets	15	0	Green Beans	27.7	
		Lima Beans	16.2	6.8	Tossed Salad	1.8	31.5	Hamburger Bun	15.5	21.3	Glazed Carrots	12	12.9	Green Peas	11.3	1.4	Orange Juice	6.8	
		Wheat Roll	13	12	Hot Sliced Peaches	11.3	22.3	Fresh Seasonal Fruit	18.4	11.3	Multi Grain Bread	14	23.8	Wheat Bread	12	16.2	Wheat Bread	15.7	
		Fresh Seasonal Fruit	17.3	11.3	Milk	0	11.3	Milk	11.3	0	Chocolate Milk	11.3	30.6	Carnival Cookie	12	13	Hot Sliced Peaches	12	
		Milk	0	0	Ranch Dressing	0.4	11.3	Margarine	0	17.5	Margarine	0	0	Chocolate Milk	13	18.1	Milk	22.3	
<u>This Week's Deli Meal</u> Turkey & Swiss Cheese Lettuce & Tomato Coleslaw Multi-Grain Bread Fresh Seasonal Fruit Fudge Round Cookie Milk Mustard/Mayonnaise	CHO	(B) Baked Chicken Breast w/Poultry Gravy		CHO	(B) Shredded Pork w/BBQ Sauce 		CHO	(B) Beef Cabbage Casserole		CHO	(B) Chicken & Rice Casserole		CHO	(B) Sliced Ham  		CHO	(B) Baked Chicken Thigh w/Creole Sauce		CHO
	22		0	27.7		11.6								0.6					
	17.3		1.4	0															
	27.1																		
	11.3																		
	2.5																		
<u>This Week's Deli Meal</u> Turkey & Swiss Cheese Lettuce & Tomato Coleslaw Multi-Grain Bread Fresh Seasonal Fruit Fudge Round Cookie Milk Mustard/Mayonnaise	CHO	(A) BBQ Chicken	11	CHO	(A) Beef Meatloaf	12	CHO	(A) Taco Chicken	13	CHO	(A) Baked Chicken Breast w/Dijonnaise Sauce	14	CHO	(A) Tuna Tetrizzini	15	CHO	(A) Chicken Supreme	17	CHO
	1.5	Roasted Diced Potatoes	13	11.3	Mashed Potatoes	7.5	14.8	Lettuce & Tomato	3.2	1	Rice	0	3.9	Green Peas	17.6	15.1	Mashed Potatoes	20.4	
	1	Carrots	11.3	7.2	Green Beans	14.8	6.8	Shredded Cheese	0.4	28.3	Capri Vegetable Blend	22.7	15	Garlic Breadstick	13	11.3	Green Beans	14.8	
	10.1	Hamburger Bun	21.6	14	Multi Grain Bread	6.8	28.3	Pinto Beans	0.4	21.3	Dinner Roll	5.6	15	Warm Lemon Cake	7.2	21.6	Multi Grain Bread	6.8	
	28	Fresh Seasonal Fruit	18.4	17.3	Fresh Seasonal Fruit	11.3	17.8	Whole Kernel Corn	21.3	17.8	Fresh Seasonal Fruit	14.8	30.6	Chocolate Milk	21.6	18.1	Orange Juice	14	
	17.3	Milk	11.3	11.3	Milk	0	17.7	Flour Tortilla	21.3	18.4	Milk	11.3	0	Applesauce	18.1	11.3	Milk	15.7	
<u>This Week's Deli Meal</u> Southwest Chicken Salad <i>*Chicken, Mixed Salad Greens, Tomatoes, Corn, Black Beans, ...</i> Wheat Crackers Fresh Seasonal Fruit Oatmeal Creme Pie Milk Ranch Dressing	CHO	(B) BBQ Rib Patty 		CHO	(B) Chicken Supreme		CHO	(B) Liver & Onions		CHO	(B) Turkey Ham & Scalloped Potatoes		CHO	(B) Turkey Ham & Scalloped Potatoes		CHO	(B) Beef Meatloaf		CHO
	23		15.1	20.4		3.2													
	11.3																		
	0.3																		
<u>This Week's Deli Meal</u> Southwest Chicken Salad <i>*Chicken, Mixed Salad Greens, Tomatoes, Corn, Black Beans, ...</i> Wheat Crackers Fresh Seasonal Fruit Oatmeal Creme Pie Milk Ranch Dressing	CHO	(A) Beef Tater Tot Casserole 	18	CHO	(A) Meatball Sandwich 	19	CHO	(A) Shredded Pork w/Orange Cranberry Sauce 	20	CHO	(A) Creole Steak	21	CHO	(B) Macaroni & Cheese 	22	CHO	(A) Polish Sausage w/ Sauerkraut 	24	CHO
	11.8	Sliced Carrots	25.9	14.6	Shredded Mozzarella 	0.8	14.8	Mashed Potatoes	0	7.4	Rice	9.6	43.5	Capri Vegetable Blend	5.6	29.3	Whole Kernel Corn	5.8	
		Wheat Bread	7.2	0.8	Whole Kernel Corn	21.3	6.8	Green Beans	7.4	14.8	Mixed Vegetables	22.7	12	Wheat Bread	5.6	7.2	Green Beans	21.3	
		Oatmeal Creme Pie	12	21.3	California Vegetable Blend	5.8	15	Garlic Breadstick	13.4	6.8	Multi Grain Bread	13.4	18.6	Hot Spiced Apples	12	12	Green Peas	5.8	
		Milk	21.1	5.8	Hot Dog Bun	26	17.3	Fresh Seasonal Fruit	14	15	Milk	11.3	30.6	Chocolate Milk	18.1	18.1	Hot Dog Bun	26	
		Margarine	11.3	26	Oatmeal Raisin Cookie	22.9	17.3	Milk	11.3	17.3	Margarine	0	0	Applesauce	11.3	11.3	Orange Juice	15.7	
<u>This Week's Deli Meal</u> Krab Salad Corn Salad Naan Bread Fresh Seasonal Fruit Rice Krispie Treat Milk Salad Dressing	CHO	(B) Chicken Fettuccini Alfredo		CHO	(B) Polish Sausage w/ Sauerkraut 		CHO	(B) Turkey Breast w/Poultry Gravy		CHO	(B) Sweet & Sour Chicken		CHO	(A) Potato Crusted Pollock		CHO	(B) Meatball Sandwich Shredded Mozzarella 		CHO
	11.3		29.3	5.8		1.4													
	0.4																		
<u>This Week's Deli Meal</u> Krab Salad Corn Salad Naan Bread Fresh Seasonal Fruit Rice Krispie Treat Milk Salad Dressing	CHO	(A) Chili	25	CHO	(A) Glazed Ham  	26	CHO	(A) Hamburger Patty w/Tomato/Onion	27	CHO	(A) Fajita Chicken	28	CHO	(A) Pasta Primavera	29	CHO	(B) Turkey Breast w/Poultry Gravy	31	CHO
	20.4	Whole Kernel Corn	16.8	3.5	Baby Red Potatoes	13.6	2	Baked Beans	4.5	4.5	Spanish Rice	1.7	29.3	Brussels Sprouts	17.5	15.7	Whole Kernel Corn	5	
	1.7	Coleslaw	21.3	13.6	Green Peas	12.9	31.5	California Vegetable Blend	16	16	Black Beans	19.3	8.3	Wheat Roll	21.3	1.4	Green Beans	13.6	
	7.7	Saltine Crackers	10	12.9	Multi Grain Bread	14	5.8	Hamburger Bun	21.6	21.6	Flour Tortilla	24	13	Peach Crisp	6.8	12.9	Baby Red Potatoes	13.6	
	17.3	Cinnamon Roll	30.1	23.8	Carnival Cookie	11.3	18.6	Fresh Seasonal Fruit	11.3	11.3	Pineapple Tidbits	17.8	47.3	Chocolate Milk	8.9	14	Green Peas	12.9	
	17.7	Milk	11.3	0	Milk	11.3	11.3	Milk	11.3	11.3	Milk	11.3	30.6	Margarine	18.1	15.7	Wheat Bread	14	

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