

WesleyLife Meals on Wheels - November 2025

Menu Instructions: Please circle your choices and return by 10/11/24 or as soon as possible. Mark an "X" over the day to CANCEL.

First and Last Name: _____

DELI MEALS		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
<u><i>This Week's Deli Meal</i></u> Caesar Salad* <i>*Turkey, Mixed Salad Greens, Parmesan, Caesar Dressing, Croutons</i> Potato Salad Wheat Roll Milk	CHO 9.7 25.9 18.4 11.3										CHO (A) Turkey Tetrazzini Green Peas Sliced Carrots Garlic Bread Fruit Cocktail Milk (B) Cheese Ravioli Marinara Sauce	1 CHO 20.6 13 7.2 15.8 17 11.3 19.5 5.6	(A) Baked Chicken Breast Tomato Basil Sauce Whole Kernel Corn Broccoli Whole Wheat Bread Cinnamon Sugar Cookie Milk Margarine	2 CHO 0 3.8 21.3 4.1 12 17.6 11.3 0	
<u><i>This Week's Deli Meal</i></u> Asian Salad* <i>*Turkey, Mixed Salad Greens, Cucumbers, Mandarin Oranges, Chow Mein Noodles, and Sesame Asian Dressing</i> Carrot Raisin Salad Whole Wheat Bread Sugar Cookie Milk Margarine	CHO 7.8 14.7 12 17.4 11.3 0	(A) Beef Chow Mein Casserole Broccoli Cabbage Whole Wheat Bread Fortune Cookie Milk Margarine (B) Pork Fried Rice	3 CHO 33.3 4 5.9 12 6.7 11.3 0 26.1	(A) Philly Chicken w/Onions & Peppers Whole Kernel Corn Hot Dog Bun Applesauce Milk (B) Meatball Sub Sandwich Shredded Mozzarella	4 CHO 4 21.3 26 16.6 11.3 14.6 0.8	(A) Beef Barley Soup Garlic Parmesan Cauliflower Tossed Salad (<i>lettuce greens, carrots, celery, cherry tomatoes</i>) Multi-Grain Bread Peach Crisp Milk Margarine Salad Dressing (B) Lasagna Casserole	5 CHO 11.6 4.4 1.7 14 47.3 11.3 0 1.7 24.3	(A) Bratwurst Patty Lettuce & Tomato Roasted Red Potatoes Green Beans Hamburger Bun Milk Ketchup Mustard (B) Breaded Chicken Patty	6 CHO 2 1 13.6 6.9 21.6 11.3 2.5 0.3 16	(A) Open Faced Turkey Sandwich Mashed Potatoes w/Gravy Sliced Carrots Whole Wheat Bread Chocolate Pudding Chocolate Milk Margarine (B) Herb Roasted Pork Brown Gravy	7 CHO 16.8 17.7 7.2 12 29.5 30.6 0 1.1 1.4	(A) Pork Fried Rice Broccoli Cabbage Whole Wheat Bread Fortune Cookie Milk Margarine (B) Beef Chow Mein Casserole	8 CHO 26.1 4 5.9 12 6.7 11.3 0 26.1	(A) Meatball Sub Sandwich Shredded Mozzarella Whole Kernel Corn Hot Dog Bun Applesauce Milk (B) Philly Chicken w/Onions & Peppers	9 CHO 14.6 0.8 21.3 26 16.6 11.3 4
<u><i>This Week's Deli Meal</i></u> Chef Salad* <i>*Turkey, Egg, Cheddar Cheese, Tomato, Mixed Greens, and Carrots</i> Multi-Grain Bread Diced Pears Milk Ranch Salad Dressing Margarine	CHO 5.4 14 16.6 11.3 2.5 0	(A) Polish Sausage w/Onions & Peppers Ketchup Mustard Scalloped Potatoes Hot Dog Bun Cinnamon Applesauce Milk (B) Pulled Hawaiian Chicken Sandwich	10 CHO 7.2 2.5 0.3 16 26 16.7 11.3 0 6.8	(A) Bean & Cheese Casserole Sliced Carrots Whole Wheat Bread Diced Peaches Milk Margarine Taco Sauce (B) Beef Enchilada Casserole	11 CHO 35.9 7.2 12 14.7 11.3 0 1.8 13.4	(A) Beef Chili w/Beans Sour Cream Shredded Cheddar Cheese Whole Kernel Corn Green Beans Cornbread Fruit Cocktail Milk Margarine (B) Bowl of Split Pea & Turkey Ham Soup	12 CHO 8.5 0.9 21.3 6.8 22.5 17 11.3 0 24.4	(A) Hamburger Lettuce/Tomato/Onion Macaroni & Cheese Coleslaw Hamburger Bun Milk Ketchup Mustard (B) Baked Chicken Breast Mayonnaise	13 CHO 2 2.8 16.9 10 21.6 11.3 2.5 0.3 0 0	(A) Cranberry Dijon Chicken Mashed Potatoes Tossed Salad (<i>lettuce greens, carrots, celery, cherry tomatoes</i>) Multi-Grain Bread Diced Pears Chocolate Milk Margarine Salad Dressing (B) Liver & Onions Brown Gravy	14 CHO 19 14.8 1.7 14 16.6 30.6 0 1.7 13.8 2.8	(A) Pulled Hawaiian Chicken Sandwich Scalloped Potatoes Hot Dog Bun Cinnamon Applesauce Milk (B) Polish Sausage w/Onions & Peppers Ketchup Mustard	15 CHO 0 6.8 16 26 16.7 11.3 7.2 2.5 0.3 35.9	(A) Beef Enchilada Casserole Sliced Carrots Whole Wheat Bread Diced Peaches Milk Margarine Taco Sauce (B) Bean & Cheese Casserole	16 CHO 13.4 7.2 12 14.7 11.3 0 1.8
<u><i>This Week's Deli Meal</i></u> Sliced Turkey Breast Swiss Cheese Lettuce/Tomato/Onion Pasta Salad Whole Wheat Bread (2) Milk Mustard Mayonnaise	CHO 1.1 0.4 2.8 25.4 24 11.3 0.3 0	(A) Hamburger Stew Whole Kernel Corn Cabbage Cornbread Diced Peaches Milk Margarine (B) Baked Chicken Breast Savory Apricot Sauce	17 CHO 13 21.3 4.7 22.5 14.7 11.3 0 0 1.6	(A) Beef Hot Dog Ketchup Mustard Roasted Red Potatoes Mixed Vegetables Hot Dog Bun Chocolate Chip Cookie Milk (B) Cuban Pork Sandwich	18 CHO 3 2.5 0.3 13.6 26 19.1 11.3 0 5	(A) Potato Crusted Pollock Tartar Sauce Scalloped Potatoes Broccoli Salad Hamburger Bun Milk (B) Beef Patty Ketchup Mustard	19 CHO 15 0.7 16 11 21.6 11.3 2 2.5 0.3	(A) Roasted Turkey Poultry Gravy Mashed Potatoes Green Bean Casserole Wheat Roll Cranapplesauce Milk Margarine (B) Swedish Meatballs	20 CHO 1.5 2.9 14.8 9.3 18.4 23.3 11.3 0 9.9	(A) Vegetable Frittata Green Peas Whole Wheat Bread Hot Spiced Apples Chocolate Milk Margarine (B) Chicken Pesto Rice Casserole	21 CHO 11.1 13 12 23.7 30.6 0 24.9	(A) Baked Chicken Breast Savory Apricot Sauce Whole Kernel Corn Cabbage Cornbread Diced Peaches Milk Margarine (B) Hamburger Stew	22 CHO 0 1.6 21.3 4.7 22.5 14.7 11.3 0 13	(A) Cuban Pork Sandwich Roasted Red Potatoes Mixed Vegetables Hot Dog Bun Chocolate Chip Cookie Milk (B) Beef Hot Dog Ketchup Mustard	23 CHO 5 13.6 26 19.1 11.3 0 3 2.5 0.3
<u><i>This Week's Deli Meal</i></u> Cranberry Chicken Salad Pasta Salad Hamburger Bun Diced Pears Milk	CHO 19 22.2 21.6 16.6 11.3	(A) Salisbury Steak Brown Gravy Baked Sweet Potato Green Beans Multi-Grain Bread Applesauce Milk Margarine (B) Potato Crusted Pollock Tartar Sauce	24 CHO 3.8 2.8 31.4 6.8 14 16.6 11.3 0 15 0.7	(A) Meatball Sub Sandwich Shredded Mozzarella Whole Kernel Corn Hot Dog Bun Diced Peaches Milk (B) Herbed Chicken Spiedies	25 CHO 14.6 0.8 21.3 30 14.7 11.3 0.3	(A) Pulled Pork Sandwich BBQ Sauce Bush's Baked Beans Mixed Vegetables Hamburger Bun Tropical Fruit Milk (B) BBQ Pulled Chicken Sandwich	26 CHO 0 11.6 36.3 13.2 21.6 34.7 11.3 0	(A) Fajita Chicken Cilantro Lime Rice Bush's Black Beans Flour Tortilla Fruit Cocktail Milk Taco Sauce (B) Beef Taco Shredded Cheese	27 CHO 1.7 22.8 24 17.8 17 11.3 1.8 3.2 0.9	(A) Breakfast Casserole Hashbrown Casserole Biscuit Country Gravy Diced Pears Chocolate Milk Margarine (B) Cheese Omelet	28 CHO 14.1 18.7 15.3 2.5 16.6 30.6 0 7	(A) Potato Crusted Pollock Tartar Sauce Baked Sweet Potato Green Beans Multi-Grain Bread Applesauce Milk Margarine (B) Salisbury Steak Brown Gravy	29 CHO 15 0.7 31.4 6.8 14 16.6 11.3 0 3.8 2.8	(A) Herbed Chicken Spiedies Whole Kernel Corn Hot Dog Bun Diced Peaches Milk (B) Meatball Sub Sandwich Shredded Mozzarella	30 CHO 0.3 21.3 30 14.7 11.3 0.3

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 a.m. the prior business day to avoid a fee.

Entree contains >700 mg Sodium 

CHO Denotes grams of Carbohydrate

Elise A. Compston RD, LD

Elise A. Compston, RD, LD

Denotes pork in recipe

