

WesleyLife Meals on Wheels - March 2025

Menu Instructions: Please circle your choices and return by 2/14/25 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
<i>This Week's Deli Meal</i> Southwest Chicken Salad *Chicken, Mixed Salad Greens, Tomatoes, Corn, Black Beans, Picante Sauce Wheat Roll Fresh Grapes Milk Ranch Salad Dressing	CHO 3 (A) Goulash 42.1 Green Peas 12.9 Sliced Carrots 7.2 Garlic Bread 15.8 Fruit Cocktail 17 Milk 11.3 Margarine 0 (B) Chicken Noodle Casserole 24.1	CHO 4 (A) Baked Chicken Thigh 0 Creole Sauce 4.4 Dirty Rice 21.2 Cabbage 5.9 Cornbread 22.5 Pineapple Tidbits 23.6 Milk 11.3 Margarine 0 (B) Potato & Turkey-Ham Soup 24.7 Saltine Crackers 8.9	CHO 5 (A) Apple Glazed Pork 8 Buttered Rice 22.7 Green Beans 6.8 Whole Wheat Bread 12 Carnival Cookie 17.4 Milk 11.3 Margarine 0 (B) Lemon Pepper Chicken 4.1	CHO 6 (A) Sloppy Joe 6.8 Country Potatoes 19.7 Garden Vegetables 11.6 Hamburger Bun 21.6 Apple 17.5 Milk 11.3 (B) Pulled BBQ Pork 22	CHO 7 (A) Spaghetti Pie 63.2 Tossed Salad (lettuce greens, carrots, celery, cherry tomatoes) 1.7 Whole Wheat Bread 12 Hot Cinnamon Applesauce 16.7 Chocolate Milk 30.6 Salad Dressing 1.7 Margarine 0 (B) Mixed Bean Soup 20.3 Cottage Cheese 3.8 Saltine Crackers 8.9	CHO 8 (A) Chicken Noodle Casserole 24.1 Green Peas 12.9 Sliced Carrots 7.2 Garlic Bread 15.8 Fruit Cocktail 17 Milk 11.3 Margarine 0 (B) Goulash 42.1	CHO 9 (A) Potato & Turkey-Ham Soup 24.7 Saltine Crackers 8.9 Cabbage 5.9 Cornbread 22.5 Pineapple Tidbits 23.6 Milk 11.3 Margarine 0 (B) Baked Chicken Thigh 0 Creole Sauce 4.4 Dirty Rice 21.2
<i>This Week's Deli Meal</i> Egg Salad Cucumber Tomato Salad Whole Wheat Bread (2) Applesauce Milk	CHO 10 (A) Baked Chicken Thigh 0 Apple Cider Demi 3.9 Broccoli 4 Whole Wheat Bread 12 Hot Sliced Peaches 22.3 Milk 11.3 Margarine 0 (B) Spaghetti Casserole 20.1	CHO 11 (A) Glazed Ham 3.5 Cheesy Potatoes 21.8 Cabbage 4.7 Cinnamon Sugar Cookie 17.6 Milk 11.3 (B) Baked Chicken Breast 3 Poultry Gravy 2.9	CHO 12 (A) Baked Chicken Breast 3 Tomato Basil Sauce 3.8 Whole Kernel Corn 21.3 Sliced Carrots 7.5 Whole Wheat Bread 12 Banana 27 Milk 11.3 Margarine 0 (B) Beef Taco Macaroni 23.6	CHO 13 (A) Hamburger 2 Lettuce/Tomato/Onion 2.8 Ketchup 2.5 Roasted Red Potatoes 13.6 Bush's Baked Beans 36.3 Hamburger Bun 21.6 Pineapple Tidbits 23.6 Milk 11.3 (B) BBQ Chicken 16	CHO 14 (A) Potato Crusted Pollock 15 Tartar Sauce 0.7 Harvard Beets 20.6 Whole Wheat Bread 12 Hot Spiced Apples 18.6 Chocolate Milk 30.6 Margarine 0 (B) Shredded Pork 0 Savory Apricot Sauce 9	CHO 15 (A) Spaghetti Casserole 20.1 Broccoli 4 Whole Wheat Bread 12 Hot Sliced Peaches 22.3 Milk 11.3 Margarine 0 (B) Baked Chicken Thigh 0 Apple Cider Demi 3.9	CHO 16 (A) Baked Chicken Breast 3 Poultry Gravy 2.9 Cheesy Potatoes 21.8 Cabbage 4.7 Cinnamon Sugar Cookie 17.6 Milk 11.3 (B) Glazed Ham 3.5
<i>This Week's Deli Meal</i> Berry Almond Chicken Salad* *Chicken, Mixed Salad Greens, Sliced Almonds, Dried Cranberries, Strawberries Green Pea Salad Wheat Crackers Cinnamon Applesauce Milk Balsamic Vinaigrette	CHO 17 (A) Hamburger Stew 13 Green Beans 6.9 Cabbage 4.7 Wheat Roll 13 Pineapple Tidbits 23.6 Milk 11.3 (B) Chicken Pot Pie 15.6	CHO 18 (A) Chicken Taco 3.2 Cilantro Lime Rice 22.8 Fiesta Vegetables 10.3 Mexican Cornbread 18.5 Tropical Fruit 34.7 Milk 11.3 Taco Sauce 1.8 (B) Pork Carnitas 0.9	CHO 19 (A) Ground Beef Stroganoff 24.9 Broccoli 4.1 Glazed Carrots 12 Garlic Bread 15.8 Banana 27 Milk 11.3 (B) Scalloped Potatoes & Turkey-Ham 9.6	CHO 20 (A) Beef Meatloaf with Tomato Glaze 18.5 Scalloped Potatoes 16 Whole Kernel Corn 21.3 Whole Wheat Bread 12 Chocolate Chip Cookie 19.1 Milk 11.3 Margarine 0 (B) Roasted Turkey 1.5 Poultry Gravy 1.4	CHO 21 (A) Cheesy Baked Ziti 28.9 Tossed Salad (lettuce greens, carrots, celery, cherry tomatoes) 1.7 Whole Wheat Bread 12 Hot Applesauce 16.6 Chocolate Milk 30.6 Margarine 0 Salad Dressing 1.7 (B) Liver & Onions 9.6 Mashed Potatoes 14.8	CHO 22 (A) Chicken Pot Pie 15.6 Green Beans 6.9 Cabbage 4.7 Wheat Roll 13 Pineapple Tidbits 23.6 Milk 11.3 (B) Hamburger Stew 13	CHO 23 (A) Pork Carnitas 0.9 Cilantro Lime Rice 22.8 Fiesta Vegetables 10.3 Mexican Cornbread 18.5 Tropical Fruit 34.7 Milk 11.3 Taco Sauce 1.8 (B) Chicken Taco 3.2
<i>This Week's Deli Meal</i> Chef Salad* *Turkey, Egg, Cheddar Cheese, Tomato, Mixed Greens, and Carrots Pasta Salad Pineapple Tidbits Milk Ranch Salad Dressing	CHO 24 (A) BBQ Chicken 16 Macaroni & Cheese 21.3 Green Beans 6.8 Hamburger Bun 21.6 Pineapple Tidbits 23.6 Milk 11.3 (B) BBQ Rib Patty 15.1	CHO 25 (A) Tater Tot Casserole 24.1 Brussels Sprouts 8.3 Garlic Bread 15.8 Hot Cinnamon Applesauce 16.7 Milk 11.3 (B) Chicken A La King 16.6	CHO 26 (A) Honey Mustard Chicken 11.4 Roasted Red Potatoes 13.6 Garden Vegetables 11.6 Whole Wheat Bread 12 Sugar Cookie 17.4 Milk 11.3 Margarine 0 (B) Shredded Pork 0 Brown Gravy 2.8	CHO 27 (A) Open Faced Turkey Sandwich 17.8 Mashed Potatoes 14.8 Glazed Carrots 12 Whole Wheat Bread 12 Tropical Fruit 34.7 Milk 11.3 Margarine 0 (B) Baked Chicken Breast 3 Tomato Basil Sauce 3.8	CHO 28 (A) Potato Crusted Pollock 15 Tartar Sauce 0.7 Green Peas 12.9 Whole Wheat Bread 12 Hot Spiced Peaches 19.2 Chocolate Milk 30.6 Margarine 0 (B) Goulash 18.9	CHO 29 (A) BBQ Rib Patty 15.1 Macaroni & Cheese 21.3 Green Beans 6.8 Hamburger Bun 21.6 Pineapple Tidbits 23.6 Milk 11.3 (B) BBQ Chicken 16	CHO 30 (A) Chicken A La King 16.6 Brussels Sprouts 8.3 Garlic Bread 15.8 Hot Cinnamon Applesauce 16.7 Milk 11.3 (B) Tater Tot Casserole 24.1
<i>This Week's Deli Meal</i> Cranberry Chicken Salad Tossed Salad (mixed lettuce greens, cucumber, tomatoes) Wheat Roll Cinnamon Applesauce Milk French Dressing	CHO 31 (A) Swedish Meatballs 9.9 Mashed Potatoes 14.8 Broccoli 4.1 Whole Wheat Bread 12 Banana 27 Milk 11.3 Margarine 0 (B) Chicken Noodle Casserole 24.1						

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

Denotes pork in recipe