## WesleyLife Meals on Wheels - April 2025

Please circle your choices or mark "D" on the day you'd like a Deli Meal. Mark an "X" over the day to Cancel. Please return by 3/14/24 or as soon as possible.

First and Last Name: \_\_\_\_\_

								return by 3/14/	24 (	or as soon as possible.					
DELI MEALS		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	СНО			1		2		3		· ·	СНО		5 CHC		6 CHO
This Most Dati Mast	CITO			(A) Objetate Occurs	00.4	(A) Ma a tha all C a	05.0		'				Join		
This Week's Deli Meal				(A) Chicken Supreme				(A) Glazed Ham	3.	5 (A) Macaroni & Cheese	43.5	(A) Chicken Noodle	24 1	(A) Goulash	22.1
Cranberry Chicken Salad	19			Baked Sweet Potato	31.4	Saltine Crackers	8.9	Mashed Potatoes	14	.8 Tossed Salad (lettuce	17	Casserole		Baked Sweet Potato	31.4
Tossed Salad (mixed	4.0			Whole Wheat Bread	12	Green Beans	6.8	Whole Kernel Corn	13	3 greens, carrots, celery,	1.7	Broccoli	4.1	Whole Wheat Bread	12
lettuce greens, cucumber,	4.9			Hot Spiced Apples		Garlic Parmesan Cauliflower			1	2 Whole Wheat Bread	12	Whole Wheat Bread		Hot Spiced Apples	18.6
	47								0					• •	
Wheat Roll	17			Milk		Brownie		Applesauce		7 Sliced Carrots		Banana		Milk	11.3
Cinnamon Applesauce	16.7			Margarine	0	Milk	11.3	8 Milk	11	.3 Pineapple Tidbits	23.6	Milk	11.3	3 Margarine	0
Milk	11.3							Margarine	0	Chocolate Milk	30.6	Margarine	0		
French Dressing	3.6									Margarine	0				
r ronon Brooding											17				
									_	Salad Dressing	1.7				
								(B) Salisbury Steak	5	(B) Potato Crusted Pollock	15	(B) Swedish Meatballs	9.9		
				(B) Goulash	22.1	(B) Chicken Noodle Soup	11	<b>Brown Gravy</b>	1.	4 Tartar Sauce	0.7	<b>Mashed Potatoes</b>	14.8	(B) Chicken Supreme	20.4
	СНО	100	7 CHO	8	СНО		СНО	10	CH	IO 11	СНО		12 CHC		13
This Week's Deli Meal		(A) Country Fried Steak						(A) Hamburger	2			(A) Baked Chicken Brea		(A) Italian Beef Macaroni	17.7
	4.0		,		29.3	(A) BBQ Rib Patty				(A) Potato Egg Casserole					17.7
Southwest Chicken Salad	12	Country Gravy		Aifredo		Roasted Red Potatoes		Ketchup		5 Green Peas		Balsamic Onion Jam		Green Beans	6.8
*Chicken, Mixed Salad		Mashed Potatoes	14.8	Green Beans	6.8	Glazed Carrots	12	Lettuce/Tomato/Onion	2.	8 Whole Wheat Bread	12	Mashed Potatoes	14.8	3 Garlic Bread	15.8
Greens, Tomatoes, Corn,		Whole Kernel Corn	21.3	Garlic Bread	15.8	Hamburger Bun	21.6	Macaroni & Cheese	21	.3 Hot Spiced Apples	18.6	Whole Kernel Corn	21.3	Hot Spiced Pears	23.9
Black Beans, Picante		Multi-Grain Bread		Hot Spiced Pears		Chocolate Chip Cookie		Coleslaw		Chocolate Milk		Multi-Grain Bread		3 Milk	11.3
•	47	_		•		•					30.0	_			11.5
Wheat Roll		Banana		Milk	11.3	IVIIIK		Hamburger Bun	21			Banana	16.7		
Fresh Grapes	15.8	Milk	11.3					Pineapple Tidbits	11	.2		Milk	11.3	3	
Milk	11.3	Margarine	0					Milk	11	.3		Margarine	0		
Ranch Salad Dressing	2.5											man gen me			
Marich Salad Diessing	2.5	(D) Delsed Chielsen Drees	4 0			(D) Detete Omiseted Delled	4 -	(D) Dalaci Obialas		(D) Coolland Detates 9		(D) O [m. Fried Ot a sle	40	(D) Chielese Fettussini	
		(B) Baked Chicken Breas				(B) Potato Crusted Pollock		(B) Baked Chicken	3	(B) Scalloped Potatoes &	128	(B) Country Fried Steak	16.1	(B) Chicken Fettuccini	29.3
		Balsamic Onion Jam	10.7	(B) Italian Beef Macaroni	17.7	Tartar Sauce	0.7	Sandwich with Mayo	0	Turkey-Ham	12.0	Country Gravy	4.9	Alfredo	20.0
	СНО	1	4 CHO	15	СНО	16	CHO	17	CH	O 18	CHO		19 CHC	2	20 CHO
This Week's Deli Meal		(A) Sausage Patty		(A) Beef Meatloaf with		(A) Turkey-Ham & White		(A) Beef Hot Dog	3	(A) Bean and Cheese		(A) Cheese Omelet	7	(A) Roasted Turkey	1.5
	<i>5</i> 7				18.5		20		2				10 7		1.0
Chef Salad*	5.7	Hashbrown Casserole		Tomato Glaze		Beans		Ketchup	2.			Hashbrown Casserole		Poultry Gravy	1.4
*Turkey, Egg, Cheddar		Biscuit	15.3	Mashed Potatoes	14.8	Glazed Carrots	12	Whole Kernel Corn	21	.3 Roasted Red Potatoes	13.6	Biscuit	15.3	Mashed Potatoes	14.8
Cheese, Tomato, Mixed		Country Gravy	2.5	Garden Vegetables	11.6	Cornbread	22.5	Hot Dog Bun	30	Green Beans	6.8	Country Gravy	2.5	Garden Vegetables	11.6
Greens, and Carrots		Applesauce		Whole Wheat Bread		Pineapple Tidbits		Hot Spiced Pears		.9 Apple		Applesauce		Whole Wheat Bread	12
, and the second	22					• •		•		• •		• •			
Pasta Salad		Milk	11.3	Tropical Fruit	34.7		11.3	Milk	11	.3 Chocolate Milk	21.0	Milk	11.3	3 Tropical Fruit	34.7
Pineapple Tidbits	23.6			Milk	11.3	Margarine	0							Milk	11.3
Milk	11.3			Margarine	0									Margarine	0
Ranch Salad Dressing	2.5														
ranch dalad brossing	2.0			(D) Deceted Turkey	1 E	(D) Cwediah Maathalla	4 4							(D) Doof Mootloof with	
				(B) Roasted Turkey		(B) Swedish Meatballs	1.4							(B) Beef Meatloaf with	18.5
		(B) Cheese Omelet	7	Poultry Gravy	1.4	Mashed Potatoes	27.1	(B) BBQ Chicken	16	(B) Sloppy Joe	6.8	(B) Sausage Patty	8.0	Tomato Glaze	10.0
	CHO	2	21 CHO	22	CHO	23	CHO	<b>1</b> 24	CH	O 25	CHO		26	2	27 CHO
This Week's Deli Meal		(A) Fajita Chicken	17	(A) Meatball Sub	146	(A) Shredded Pork	0	(A) Open Faced Turkey		(A) Potato Crusted Pollock	15	(A) Beef Taco	3.2	(A) Polish Sausage	
	0.1						20	Candwich	17	Tartar Sauce					5.6
Tuna Salad		Mexican Rice		Green Beans		Brown Gravy		Sandwich		Tartar Sauce		Mexican Rice		w/Peppers & Onions	(
Cucumber Salad	4.3	Bush's Black Beans	24	Hot Dog Bun	30	Mashed Potatoes	14.8	Mashed Red Potatoes	19	.7 Mashed Potatoes	14.8	Bush's Black Beans	24	Green Beans	6.8
Whole Wheat Bread (2)	24	Flour Tortilla	17.8	Hot Spiced Apples	18.6	Whole Wheat Bread	12	Garden Vegetables	11	.6 Tossed Salad (lettuce	1.7	Flour Tortilla	17.8	Hot Dog Bun	30
Applesauce		Banana		Milk		Broccoli		9		.9 greens, carrots, celery,		Banana		Hot Spiced Apples	18.6
MA:II.			110	141117							10			• •	14.3
IVIIIK	11.3		11.3			Cinnamon Sugar Cookie		Milk	11	.3 Whole Wheat Bread		Milk		3 Milk	11.3
		Taco Sauce	1.8			Milk	11.3			Pineapple Tidbits	27	Taco Sauce	1.8		
						Margarine	0			Chocolate Milk	30.6				
				(B) Polish Sausage	_	(B) Honey Mustard		(B) Beef Patty	2	Margarine/Salad Dressing	0/1 7				
		(P) Poof Tooo			<b>カ</b> り		111	Brown Gravy	1	4 (B) Liver & Onions	0,6	(P) Faiita Chickon	17	(B) Meatball Sub	14.6
	0110	(B) Beef Taco	3.2	w/Peppers & Onions		Chicken	11.4	Blown Gravy		4 (b) Liver & Officia	9.0	(B) Fajita Chicken	1.7	(b) Meathail Sub	14.0
	СНО		28	29		30		1					3		4
This Week's Deli Meal		(A) Salisbury Steak	5	(A) Potato & Turkey-Ham	24.7	(A) Spaghetti Casserole	20.1	(A) Roasted Turkey m	1.	5 (A) Shredded Pork	0	(A) Glazed Ham	3.5	(A) Pesto Chicken	8.9
Asian Chicken Salad*	7.3	Brown Gravy	1.4	Soup		Green Beans		Poultry Gravy	1.	4 BBQ Sauce	11.6	Mashed Potatoes	14.8	Parslied Rotini	21.2
*Chicken, Mixed Salad		Mashed Potatoes		Shredded Cheese		Whole Wheat Bread		Garlic Mashed Potatoes	21	.6 Au Gratin Potatoes		Sliced Carrots		Shredded Cheese	8.0
·															0.9
Greens, Cucumbers,		Sliced Carrots		Saltine Crackers		Hot Sliced Peaches		Whole Kernel Corn		.3 Coleslaw		Whole Wheat Bread		Saltine Crackers	8.3
Mandarin Oranges, Chow		Whole Wheat Bread	12	Brussels Sprouts	8.3	Milk	11.3	Whole Wheat Bread	12	2 Hamburger Bun	21.6	Tropical Fruit	34.7	Brussels Sprouts	12
Mein Noodles, and Sesame		Tropical Fruit	34.7	Whole Wheat Bread	12	Margarine	0	Pineapple Tidbits		.6 Hot Cinnamon Applesauce	17.3	Milk Margarine	11.3	Whole Wheat Bread	17.4
Carrot Raisin Salad	13.9	•		Carnival Cookie	17.4	<b>3</b>		Milk		.3 Chocolate Milk	30.6	gainio		Carnival Cookie	11.3
								IVIIIR NA a reas a reisa a	11	.o onocolate wilk	30.0		U	NA:II-	11.3
Wheat Roll		Margarine	U	Milk	11.3			Margarine						IVIIIK	U
Pineapple Tidbits	23.6			Margarine	0					(B) Hamburger	2			Margarine	
Milk	11.3			(B) Pesto Chicken	8.9	(B) Baked Chicken Thigh	0	(B) Beef Meatloaf		_ Lettuce/Tomato/Onion	2.8	(B) Salisbury Steak	5	(B) Potato & Turkey-Ham	0.4 =
		(B) Glazed Ham				Creole Sauce		w/Tomato Glaze	18	Ketchup		Brown Gravy	1.5	Soup	24.7
		(D) Ciazca Haili	J.J	i di Siled Notilli	<u>د ۱ . ۷</u>	JICOIC GAUCE	7.4	wi i diliato Giaze		ivereilab		Di Owii Clavy	1.3	Oup	
		Please call 5	15-699	-3240 to change your me	nu se	lections, cancel a meal, c	or are	unable to be home for de	live	ry by 11:00 a.m. the prior be	usine	ss day to avoid a fee.			

Please call 515-699-3240 to change your menu selections, cancel a meal, or are unable to be home for delivery by 11:00 a.m. the prior business day to avoid a fee.

Denotes pork in recipe

Guise C. Compostan, RD, LD