

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: _____

DELI MEALS		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>This Week's Deli Meal</u> Cranberry Chicken Salad 19 Tossed Salad (mixed lettuce greens, cucumber, Wheat Roll) 4.9 Cinnamon Applesauce 16.7 Milk 11.3 French Dressing 3.6	CHO		1 (A) Chicken Supreme 20.4 Baked Sweet Potato 31.4 Whole Wheat Bread 12 Hot Spiced Apples 18.6 Milk 11.3 Margarine 0	2 (A) Meatball Soup 35.9 Saltine Crackers 8.9 Green Beans 6.8 Garlic Parmesan Cauliflower 4.4 Brownie 27.1 Milk 11.3	3 (A) Glazed Ham 3.5 Mashed Potatoes 14.8 Whole Kernel Corn 13 Whole Wheat Bread 12 Applesauce 27 Milk 11.3 Margarine 0	4 (A) Macaroni & Cheese 43.5 Tossed Salad (lettuce greens, carrots, celery, Whole Wheat Bread) 12 Sliced Carrots 7.2 Pineapple Tidbits 23.6 Chocolate Milk 30.6 Margarine 0 Salad Dressing 1.7	5 (A) Chicken Noodle Casserole 24.1 Broccoli 4.1 Whole Wheat Bread 12 Banana 27 Milk 11.3 Margarine 0	6 (A) Goulash 22.1 Baked Sweet Potato 31.4 Whole Wheat Bread 12 Hot Spiced Apples 18.6 Milk 11.3 Margarine 0
			7 (A) Country Fried Steak 16.1 Country Gravy 4.9 Mashed Potatoes 14.8 Whole Kernel Corn 21.3 Multi-Grain Bread 12.3 Banana 27 Milk 11.3 Margarine 0	8 (A) Chicken Fettuccini Alfredo 29.3 Green Beans 6.8 Garlic Bread 15.8 Hot Spiced Pears 23.9 Milk 11.3	9 (A) BBQ Rib Patty 15.1 Roasted Red Potatoes 13.6 Glazed Carrots 12 Hamburger Bun 21.6 Chocolate Chip Cookie 19.1 Milk 11.3	10 (A) Hamburger Ketchup 2 Lettuce/Tomato/Onion 2.5 Macaroni & Cheese 2.8 Coleslaw 21.3 Hamburger Bun 10 Pineapple Tidbits 21.6 Milk 11.2 Margarine 11.3	11 (A) Potato Egg Casserole 13.4 Green Peas 12.9 Whole Wheat Bread 12 Hot Spiced Apples 18.6 Chocolate Milk 30.6	12 (A) Baked Chicken Breast Balsamic Onion Jam 3 Mashed Potatoes 10.7
<u>This Week's Deli Meal</u> Southwest Chicken Salad 12 *Chicken, Mixed Salad Greens, Tomatoes, Corn, Black Beans, Picante Wheat Roll 17 Fresh Grapes 15.8 Milk 11.3 Ranch Salad Dressing 2.5	CHO	14 (A) Sausage Patty 0.8 Hashbrown Casserole 18.7 Biscuit 15.3 Country Gravy 2.5 Applesauce 16.6 Milk 11.3	15 (A) Beef Meatloaf with Tomato Glaze 18.5 Mashed Potatoes 14.8 Garden Vegetables 11.6 Whole Wheat Bread 12 Tropical Fruit 34.7 Milk 11.3 Margarine 0	16 (A) Turkey-Ham & White Beans 20 Glazed Carrots 12 Cornbread 22.5 Pineapple Tidbits 23.6 Milk 11.3 Margarine 0	17 (A) Beef Hot Dog Ketchup 3 Whole Kernel Corn 2.5 Hot Dog Bun 21.3 Hot Spiced Pears 30 Milk 23.9	18 (A) Bean and Cheese Enchilada Casserole 7 Roasted Red Potatoes 18.7 Green Beans 15.3 Apple 2.5 Chocolate Milk 16.6	19 (A) Cheese Omelet 7 Hashbrown Casserole 18.7 Biscuit 15.3 Country Gravy 2.5 Applesauce 16.6 Milk 11.3	20 (A) Roasted Turkey Poultry Gravy 1.5 Hashbrown Casserole 18.7 Biscuit 15.3 Garden Vegetables 11.6 Whole Wheat Bread 12 Tropical Fruit 34.7 Milk 11.3 Margarine 0
		21 (A) Fajita Chicken 1.7 Mexican Rice 21.8 Bush's Black Beans 24 Flour Tortilla 17.8 Banana 27 Milk 11.3 Taco Sauce 1.8	22 (A) Meatball Sub 14.6 Green Beans 6.8 Hot Dog Bun 30 Mashed Potatoes 14.8 Whole Wheat Bread 12 Broccoli 4.1 Cinnamon Sugar Cookie 17.6 Milk 11.3 Margarine 0	23 (A) Shredded Pork Brown Gravy 0 Mashed Potatoes 2.8 Mashed Red Potatoes 14.8 Garden Vegetables 12 Rocky Road Pudding 33.9 Milk 11.3	24 (A) Open Faced Turkey Sandwich 17.8 Mashed Red Potatoes 19.7 Garden Vegetables 11.6 Rocky Road Pudding 33.9 Milk 11.3	25 (A) Potato Crusted Pollock Tartar Sauce 15 Mashed Potatoes 0.7 Mashed Potatoes 14.8 Tossed Salad (lettuce greens, carrots, celery, Whole Wheat Bread) 1.7 Pineapple Tidbits 12 Chocolate Milk 27 Margarine/Salad Dressing 30.6/0.1.7	26 (A) Beef Taco 3.2 Mexican Rice 21.8 Bush's Black Beans 24 Flour Tortilla 17.8 Banana 23.6 Milk 11.3 Taco Sauce 1.8	27 (A) Polish Sausage w/Peppers & Onions 5.6 Green Beans 6.8 Hot Dog Bun 30 Hot Spiced Apples 18.6 Milk 11.3
<u>This Week's Deli Meal</u> Asian Chicken Salad* 7.3 *Chicken, Mixed Salad Greens, Cucumbers, Mandarin Oranges, Chow Mein Noodles, and Sesame Carrot Raisin Salad 13.9 Wheat Roll 17 Pineapple Tidbits 23.6 Milk 11.3	CHO	28 (A) Salisbury Steak Brown Gravy 5 Mashed Potatoes 1.4 Sliced Carrots 14.8 Whole Wheat Bread 7.2 Whole Wheat Bread 12 Tropical Fruit 34.7 Milk 11.3 Margarine 0	29 (A) Potato & Turkey-Ham Soup 24.7 Shredded Cheese 0.4 Saltine Crackers 8.9 Brussels Sprouts 8.3 Whole Wheat Bread 12 Carnival Cookie 17.4 Milk 11.3 Margarine 0	30 (A) Spaghetti Casserole 20.1 Green Beans 6.8 Whole Wheat Bread 12 Hot Sliced Peaches 22.3 Milk 11.3 Margarine 0	1 (A) Roasted Turkey Poultry Gravy 1.5 Garlic Mashed Potatoes 1.4 Whole Kernel Corn 21.6 Whole Wheat Bread 21.3 Hamburger Bun 12 Hot Cinnamon Applesauce 23.6 Milk 11.3 Margarine 0	2 (A) Shredded Pork BBQ Sauce 0 Au Gratin Potatoes 11.6 Coleslaw 15.5 Cinnamon Applesauce 10 Hamburger Bun 21.6 Hot Cinnamon Applesauce 17.3 Chocolate Milk 30.6	3 (A) Glazed Ham 3.5 Mashed Potatoes 14.8 Sliced Carrots 7.2 Whole Wheat Bread 12 Tropical Fruit 34.7 Milk Margarine 11.3/0	4 (A) Pesto Chicken Parslied Rotini 8.9 Mashed Potatoes 14.8 Sliced Carrots 7.2 Shredded Cheese 8.9 Saltine Crackers 8.3 Brussels Sprouts 12 Whole Wheat Bread 17.4 Carnival Cookie 11.3 Milk 0 Margarine 0
		3 (B) Glazed Ham 3.5	5.6 (B) Polish Sausage w/Peppers & Onions	0 (B) Baked Chicken Thigh Creole Sauce	18.5 (B) Beef Meatloaf w/Tomato Glaze	2 (B) Hamburger Lettuce/Tomato/Onion Ketchup	1.5 (B) Salisbury Steak Brown Gravy	24.7 (B) Chicken Supreme

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.