


WesleyLife Meals on Wheels - May 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 that day. Please return by 4/18/2025 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> Asian Chicken Salad* <i>*Chicken, Mixed Salad Greens, Cucumbers, Mandarin Oranges, Chow Mein Noodles, and Sesame Asian Dressing</i> Carrot Raisin Salad Wheat Roll Pineapple Tidbits Milk	CHO							(A) Roasted Turkey Poultry Gravy Garlic Mashed Potatoes Whole Kernel Corn Whole Wheat Bread Pineapple Tidbits Milk Margarine	1 1.5 1.4 21.6 21.3 12 23.6 11.3 0	(A) Shredded Pork BBQ Sauce Au Gratin Potatoes Coleslaw Hamburger Bun Hot Cinnamon Applesauce Chocolate Milk	2 0 11.6 15.5 10 21.6 17.3 30.6	(A) Glazed Ham Mashed Potatoes Sliced Carrots Whole Wheat Bread Tropical Fruit Milk Margarine	3 3.5 14.8 7.2 12 34.7 11.3 0	(A) Pesto Chicken Parslied Rotini Shredded Cheese Saltine Crackers Brussels Sprouts Whole Wheat Bread Carnival Cookie Milk Margarine	4 8.9 21.2 8.9 12 17.4 11.3 0
	7.3 13.9 17 23.6 11.3							(B) Beef Meatloaf w/Tomato Glaze	18.5	(B) Hamburger Lettuce/Tomato/Onion Ketchup	2 2.8 2.5	(B) Salisbury Steak Brown Gravy	5 1.5	(B) Potato & Turkey-Ham Soup	24.7
<u>This Week's Deli Meal</u> Southwest Chicken Salad <i>*Chicken, Mixed Salad Greens, Tomatoes, Corn, Black Beans, Picante Sauce</i> Wheat Roll Diced Peaches Milk Ranch Salad Dressing	CHO	(A) Beef Hot Dog Ketchup Roasted Red Potatoes Whole Kernel Corn Hot Dog Bun Pineapple Tidbits Milk	5 3 2.5 13.6 21.3 26 23.6 11.3	(A) Garlic Rosemary Chicken Baked Sweet Potato Green Beans Cornbread Cinnamon Applesauce Milk Margarine	6 0.9 31.4 6.8 22.5 16.7 11.3 0	(A) Open Faced Turkey Sandwich Mashed Potatoes Poultry Gravy Glazed Carrots Whole Wheat Bread Banana Milk Margarine	7 16.8 14.8 1.4 12 12 27 11.3 0	(A) Beef Taco Shredded Cheese Lettuce & Tomato Cilantro Lime Rice Bush's Black Beans Flour Tortilla Diced Peaches Milk Taco Sauce	8 3.2 0.4 1 22.8 24 17.8 14.7 11.3 1.8	(A) Bowl of Chicken Corn Chowder Soup Mixed Vegetables Cornbread Diced Pears Chocolate Milk Margarine	9 20 13.4 22.5 16.6 30.6 0	(A) Polish Sausage w/ Sauerkraut Roasted Red Potatoes Whole Kernel Corn Hot Dog Bun Pineapple Tidbits Milk	10 5.8 13.6 21.3 26 23.6 11.3	(A) Beef Patty Brown Gravy Baked Sweet Potato Green Beans Cornbread Cinnamon Applesauce Milk Margarine	11 2 1.4 31.4 6.8 22.5 16.7 11.3 0
	12 14.7 11.3 2.5	(B) Polish Sausage w/ Sauerkraut	5.8	(B) Beef Patty Brown Gravy	2 1.4	(B) Baked Chicken Breast Balsamic Onion Jam	0 10.7	(B) Chicken Fajita	1.7	(B) Broccoli Cheese Soup	14.9	(B) Beef Hot Dog Ketchup	3 2.5	(B) Garlic Rosemary Chicken	0.9
<u>This Week's Deli Meal</u> Tuna Salad Cucumber Salad Whole Wheat Bread (2) Applesauce Milk	CHO	(A) Country Fried Steak Country Gravy Mashed Potatoes Brussels Sprouts Multi-Grain Bread Diced Peaches Milk Margarine	12 16.1 4.9 14.8 8.3 12.3 14.7 11.3 0	(A) Bowl of Turkey Ham & White Bean Soup Broccoli Cornbread Applesauce Milk Margarine	13 26.7 4 22.5 16.6 11.3 0	(A) Chicken & Noodles Green Beans Garlic Bread Fruit Cocktail Milk	14 28.1 6.8 15.8 17 11.3	(A) Beef Meatloaf with Tomato Glaze Scalloped Potatoes California Vegetables Wheat Roll Diced Pears Milk Margarine	15 18.5 16 5.8 18.4 16.6 11.3 0	(A) Pulled Pork Sandwich BBQ Sauce Bush's Baked Beans Mixed Vegetables Hamburger Bun Chocolate Milk	16 0 11.6 36.3 13.2 21.6 30.6	(A) Chicken A La King Mashed Potatoes Brussels Sprouts Multi-Grain Bread Diced Peaches Milk Margarine	17 14.2 14.8 8.3 12.3 14.7 11.3 0	(A) Swedish Meatballs Mashed Potatoes Broccoli Cornbread Applesauce Milk Margarine	18 9.9 14.8 4 22.5 16.6 11.3 0
		(B) Chicken A La King	19.5	(B) Swedish Meatballs Mashed Potatoes	9.9 14.8	(B) Italian Noodle Casserole	18.9	(B) Creamy Baked Chicken Breast	2.8	(B) Pulled Chicken Sandwich	0	(B) Country Fried Steak Country Gravy	16.1 4.9	(B) Bowl of Turkey Ham & White Bean Soup	26.7
<u>This Week's Deli Meal</u> Chef Salad* <i>*Turkey, Egg, Cheddar Cheese, Tomato, Mixed Greens, and Carrots</i> Pasta Salad Pineapple Tidbits Milk Ranch Salad Dressing	CHO	(A) Philly Chicken w/ Onions & Peppers Whole Kernel Corn Hot Dog Bun Hot Spiced Apples Milk	19 4 21.3 26 23.7 11.3	(A) Potato Crusted Pollock Tartar Sauce Mashed Potatoes Mixed Vegetables Wheat Roll Tropical Fruit Milk Margarine	20 15 0.7 14.8 13.2 18.4 34.7 11.3 0	(A) Hamburger Lettuce/Tomato/Onion Ketchup Baked Beans Potato Salad Hamburger Bun Orange Milk	21 2 2.8 2.5 36.3 27.3 21.6 11.2 11.3	(A) Glazed Ham Mashed Potatoes Mixed Vegetables Wheat Roll Milk Margarine	22 3.5 14.8 13.2 18.4 11.3 0	(A) Meatballs w/ Spaghetti Sauce Parslied Spaghetti Noodles Brussels Sprouts Tossed Salad (lettuce greens, carrots, celery, cherry tomatoes) Whole Wheat Bread Apple Chocolate Milk Margarine/Salad Dressing	23 14.6 21.2 8.3 1.7 12 17.5 30.6 0/1.7 1.7	(A) Meatball Sub Sandwich Whole Kernel Corn Hot Dog Bun Hot Spiced Apples Milk	24 14.6 21.3 26 23.7 11.3	(A) Roasted Turkey Poultry Gravy Mashed Potatoes Mixed Vegetables Wheat Roll Tropical Fruit Milk Margarine	25 1.5 1.4 14.8 13.2 18.4 34.7 11.3 0
	5.4 22 23.6 11.3 2.5	(B) Meatball Sub Sandwich	14.6	(B) Roasted Turkey Poultry Gravy	1.5 1.4	(B) Baked Chicken Breast Mayonnaise	0 0	(B) Beef Patty Brown Gravy	2 1.4	(B) Parmesan Chicken	1.7	(B) Philly Chicken w/ Onions & Peppers	4	(B) Potato Crusted Pollock Tartar Sauce	15 0.7
<u>This Week's Deli Meal</u> Berry Almond Chicken Salad* <i>*Chicken, Mixed Salad Greens, Sliced Almonds, Dried Cranberries, Strawberries</i> Green Pea Salad Wheat Crackers Cinnamon Applesauce Milk Balsamic Vinaigrette	CHO	(A) Chicken & Rice Casserole Seasoned Peas Harvard Beets Garlic Bread Diced Pears Milk Margarine	26 26.5 13.1 19.7 15.8 16.6 11.3 0	(A) Salisbury Steak Brown Gravy Mashed Potatoes Sliced Carrots Multi-Grain Bread Hot Spiced Apples Milk Margarine	27 3.8 1.4 14.8 7.2 14 23.7 11.3 0	(A) Pulled Chicken Sandwich BBQ Sauce Baked Potato Green Beans Hamburger Bun Sugar Cookie Milk Margarine Sour Cream	28 0 11.6 21.3 6.8 21.6 17.4 11.3 0 1.9 5.1	(A) Hamburger Lettuce/Tomato/Onion Ketchup Macaroni & Cheese Coleslaw Hamburger Bun Applesauce Milk	29 2 2.8 2.5 16.9 10 21.6 16.6 11.3	(A) Liver & Onions Brown Gravy Mashed Potatoes Broccoli Whole Wheat Bread Pineapple Tidbits Chocolate Milk Margarine	30 13.8 2.8 14.8 4 12 23.6 30.6 0	(A) Cheese Ravioli Marinara Sauce Seasoned Peas Harvard Beets Garlic Bread Diced Pears Milk Margarine	31 19.5 5.6 13.1 19.7 15.8 16.6 11.3 0	(A) Enchilada Casserole Sliced Carrots Multi-Grain Bread Hot Spiced Apples Milk Margarine	1 35.9 7.2 14 23.7 11.3 0
	17.8 16.5 7.7 16.7 11.3 5.4	(B) Cheese Ravioli Marinara Sauce	19.5 5.6	(B) Enchilada Casserole	35.9	(B) BBQ Pork Rib Patty	5.1	(B) Potato Crusted Pollock Tartar Sauce	15 0.7	(B) Apple Glazed Pork	8	(B) Chicken & Rice Casserole	26.5	(B) Salisbury Steak Brown Gravy	3.8 1.4

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

 Denotes pork in recipe

Elise A. Compston, RD, LD