

August 2020 Menu Route : _____



Menu Instructions:
Please circle your choices and return by Wednesday 7/22/20 or as soon as possible. Mark an "X" over the day to cancel or write "Deli" to choose the deli option.

First and Last Name: _____

DELI MEALS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week of 7/27 to 8/02 Ham Salad Sandwich on a Croissant w/Lettuce (3) 42g Carrot & Celery Sticks (0) 5g* Seasonal Fresh Fruit (1) 15g* 1% Milk (1) 12g*	(A) Pulled Smoked Turkey (0) 0g Baked Sweet Potato (1) 15g* Cauliflower (0) 4g* Fruit Cup (1) 15g* WW Bun (2) 24g 1% Milk (1) 12g* (B) Sloppy Joe (1) 9g	(A) Stuffed Peppers (1) 9g Buttered Corn (1) 15g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Ham & Au gratin Potato (1) 19g*	(A) Beef Steak w/Peppers & Onion Sandwich (0) 3g Mini Hoagie Bun (2) 24g Potato Wedges (1) 15g* Orange Juice (1) 15g* 1% Milk (1) 12g* (B) Italian Grinder w/Peppers & Onion Sandwich (0) 5g	(A) BBQ Chicken Drumsticks (1) 4g Garden Vegetables (0) 5g* Baked Beans (2) 25g Seasonal Fruit (1) 15g* Biscuit (1) 15g 1% Milk (1) 12g* (B) Pineapple Pork (1) 4g	(A) Vegetable Lasagna (2) 33g Broccoli Cuts (0) 5g* Fruit Cup (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Chicken & Barley Casserole (2) 29g	(A) Sloppy Joe (1) 9g Baked Sweet Potato (1) 15g* Cauliflower (0) 4g* Fruit Juice (1) 15g* WW Bun (2) 24g 1% Milk (1) 12g* (B) Pulled Smoked Turkey	(A) Ham & Au gratin Potato (1) 18g* Buttered Corn (1) 15g* Applesauce (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Stuffed Peppers (1) 9g
Week of 8/03 to 8/09 Turkey Sandwich w/Lettuce and Tomato (1) 8g WW Bun (2) 24g Grapes (1) 18g* 1% Milk (1) 12g*	(A) Italian Pork (0) 0g* Bow Tie Pasta (2) 26g Asparagus (0) 2g* Fruit Cup (1) 15g* WW Roll (1) 14g 1% Milk (1) 12g* (B) Rosemary Chicken (0) g*	(A) Chicken Bacon Casserole Over Egg Noodles (2) 27g Broccoli Cuts (0) 5g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Ground Beef Stroganoff Over Egg Noodles (2) 27g	(A) Baked Ham (0) 4g* Peas and Carrot (1) 10g* Mashed Potato (1) 15g* Orange Juice (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Roast Turkey (0) 4g*	(A) Hamburger (0) 1g* WW Bun (2) 24g Green Beans (0) 5g* Potato Wedges (1) 15g* Seasonal Fruit (1) 15g* 1% Milk (1) 12g* (B) Brat Burger (0) 1g*	(A) Salmon w/Horseradish Cream over Basil Orzo (2) 24g Baby Carrots (0) 5g* Fruit Cup (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Cabbage Roll (2) 21g	(A) Rosemary Chicken (0) 0g* Bow Tie Pasta (2) 26g Asparagus (0) 2g* Fruit Juice (1) 15g* WW Roll (1) 14g 1% Milk (1) 12g* (B) Italian Pork (0) 0g*	(A) Ground Beef Stroganoff Over Egg Noodles (2) 27g Broccoli Cuts (0) 5g* Applesauce (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Chicken Bacon Casserole Over Egg Noodles (2) 27g
Week of 8/10 to 8/16 BLT Wrap (1) 16g Watermelon (1) 21g* Macaroni Salad (2) 28g 1% Milk (1) 12g*	(A) Tuna and Noodle Casserole (2) 32g Garden Vegetables (0) 5g* Fruit Cup (1) 15g* WW Roll (1) 14g 1% Milk (1) 12g* (B) Macaroni and Cheese (1) 19g	(A) BBQ Pulled Chicken (1) 11g Green Beans (0) 5g* Potato Wedges (1) 15g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Smoked Pulled Pork (0) 0g*	(A) Creamy Italian Chicken Over Fusilli (2) 28g Asparagus (0) 5g* Orange Juice (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Canadian Bacon Pizza (2) 35g	(A) Turkey Chili w/Cheese (1) 11g* Broccoli Cuts (0) 5g* Seasonal Fruit (1) 15g* Cornbread (1) 17g 1% Milk (1) 12g* (B) Tater Tot Casserole (1) 13g	(A) Cheese Manicotti (2) 33g Steamed Spinach (0) 1g* Fruit Cup (1) 15g* Breadstick (1) 14g 1% Milk (1) 12g* (B) Spaghetti w/Meat Sauce (2) 31g	(A) Macaroni and Cheese (1) 19g Garden Vegetables (0) 5g* Fruit Juice (1) 15g* WW Roll (1) 14g 1% Milk (1) 12g* (B) Tuna and Noodle Casserole (2) 32g	(A) Smoked Pulled Pork (0) 0g* Green Beans (0) 5g* Potato Wedges (1) 15g* Applesauce (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) BBQ Pulled Chicken (1) 11g
Week of 8/17 to 8/23 Egg Salad Sandwich on a Croissant (2) 32g Carrot & Celery Sticks (0) 5g* Seasonal Fresh Fruit (1) 15g* 1% Milk (1) 12g*	(A) Meatloaf w/Tomato Sauce (1) 9g Asparagus (0) 5g* Mashed Potato (1) 15g* Fruit Cup (1) 15g* WW Roll (1) 14g 1% Milk (1) 12g* (B) Baked Pork Chop (0) 3g	(A) Chicken Fajita (0) 0g* Peppers and Onions (0) 3g* Fiesta Corn (2) 26g* Seasonal Fruit (1) 15g* Tortilla (1) 14g 1% Milk (1) 12g* (B) Steak Fajita (0) 0g*	(A) BBQ Chicken Burger (1) 12g Potato Wedges (1) 15g* WW Bun (1) 24g Orange Juice (1) 15g* 1% Milk (1) 12g* (B) Pork Rib Patty (0) 0g	(A) Roasted Chicken Thighs (0) 0g* Sweet Potato (1) 15g* Peas and Carrots (1) 10g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Roast Beef (0) 0g*	(A) Spinach, Potato & Egg Bake (2) 32g Green Beans (0) 5g* Fruit Cup (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Braised Italian Sausage and Cabbage (2) 21g	(A) Baked Porkchop (0) 3g Asparagus (0) 2g* Mashed Potato (1) 15g* Fruit Juice (1) 15g* WW Roll (1) 14g 1% Milk (1) 12g* (B) Meatloaf w/Tomato Sauce (1) 9g	(A) Steak Fajita (0) 0g* Fiesta Corn (2) 26g* Applesauce (1) 15g* Tortilla (1) 14g 1% Milk (1) 12g* (B) Chicken Fajita (0) 0g*
Week of 8/24 to 8/30 Chicken and Spinach Salad w/Almonds and a Raspberry Vinaigrette (1) 18g Pudding Cup (2) 23g Seasonal Fresh Fruit (1) 15g* 1% Milk (1) 12g*	(A) Chop Steak (1) 15g Baked Sweet Potato (1) 15g* Cauliflower (0) 4g* Fruit Cup (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Parmesan Crusted Cod (1) 5g*	(A) Turkey Orzo Primavera (2) 38g Steamed Spinach (0) 1g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Creamy Crab Linguini (2) 35g	(A) BBQ Meatballs (2) 26g Cauliflower (0) 4g* Baby Carrots (0) 5g* Orange Juice (1) 15g* WW Roll (1) 14g 1% Milk (1) 12g* (B) Pineapple Chicken (1) 16g*	(A) Chicken Breast Florentine (1) 8g Oven Roasted Potato (1) 15g* Seasonal Fruit (1) 15g* WW Bread (1) 15g 1% Milk (1) 12g* (B) Kielbasa w/Peppers & Onions (1) 8g*	(A) Salmon Burger (0) 3g Broccoli Cuts (0) 5g* Potato Wedges (1) 15g* Fruit Cup (1) 15g* WW Bun (1) 24g 1% Milk (1) 12g* (B) Pizza Burger (0) 5g*	(A) Parmesan Crusted Cod (1) 5g* Baked Sweet Potato (1) 15g* Cauliflower (0) 4g* Fruit Juice (1) 15g* WW Bun (2) 24g 1% Milk (1) 12g* (B) Chop Steak (1) 15g	(A) Creamy Crab Linguini (2) 35g Steamed Spinach (0) 1g* Applesauce (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Turkey Orzo Primavera (2) 38g

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 the prior business day to avoid a fee.

Saturday and Sunday meals are delivered on Friday, frozen, and must be ordered by Wednesday of the requested delivery week.

To view menus or for other information, please visit www.wesleylife.org and select "Rides and Meals."

The number in () is the Carbohydrate (Carb) count of each menu item.

*Gluten Free item.

All menu items are subject to change.