




# December Menu



NAME: \_\_\_\_\_

DELI MEALS	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Egg Salad Sandwich on WW Bread (2)</b> Lemony White Bean Salad (1) Seasonal Fresh Fruit (1)	<b>(A) Cheeseburger w/Bun (1)</b> Diced Russet Potatoes (2) Vegetable Medley (0) Fruit Cup (1) <b>(B) French Dip Sandwich (1)</b> 3	<b>(A) Beef Macaroni &amp; Tomato (2)</b> Diced Beets (1) WW Bread (1) Seasonal Fresh Fruit (1) <b>(B) Chicken Primavera w/ Pasta (2)</b> 4	<b>(A) Butter Parsley Tilapia (0)</b> Potato Wedges (2) Peas and Carrots (1) WW Bread (1) Vanilla Pudding (1) <b>(B) Hawaiian Kalua Turkey (0)</b> 5	<b>(A) Orange Glazed Roasted Ham (2)</b> Mashed Potatoes w/ Gravy (2) Capri Vegetables (1) WW Bread (1) Seasonal Fresh Fruit (1) <b>(B) Country Fried Steak (1) 6</b>	<b>(A) Pork Riblet w/BBQ Sauce (0)</b> Parsley Boiled Potatoes (2) Broccoli Cuts (0) WW Bread (1) Seasonal Fresh Fruit (1) <b>(B) Chicken Cordon Bleu (1) 7</b>
<b>Homemade Chicken Salad on a bun (1)</b> Seasonal Fresh Fruit (1) Carrot Sticks w/Ranch (1)	<b>(A) Chili (2)</b> Potatoes O'Brien (2) Peach Compote (1) WW Bread (1) <b>(B) Denver Omelet (0)</b> 10	<b>(A) Chicken Kiev (1)</b> Garlic Mashed Potatoes (1) Fiesta Corn (1) WW Bread (1) Jello (1) <b>(B) Swedish Meatballs (0)</b> 11	<b>(A) Apricot Glazed Turkey (0)</b> Candied Sweet Potatoes (3) Diced Beets (1) WW Bread (1) Fruit Cup (1) <b>(B) Baked Herb Pork Chop (0)</b> 12	<b>(A) Creamed Chipped Beef (0)</b> Baby Baked Potatoes (2) Broccoli & Cauliflower (0) WW Bread (1) Seasonal Fresh Fruit (1) <b>(B) Chicken Parmesan (0)</b> 13	<b>(A) Sloppy Joe w/ Bun (2)</b> French Fries (2) Sweet Peas (1) Seasonal Fresh Fruit (1) <b>(B) Turkey Burger w/ Bun (1)</b> 14
<b>Chef Salad (1)</b> Potato Salad (1) Fruit Cup (1) WW Bread (1)	<b>(A) Cilantro Citrus Pork Pencil (0)</b> Sweet Potatoes (2) Capri Vegetables (1) WW Bread (1) Seasonal Fresh Fruit (1) <b>(B) Fish Sticks</b> 17	<b>(A) Chicken Alfredo w/Pasta (4)</b> Mixed Vegetables (0) WW Bread (1) Fruit Cup (1) <b>(B) Tater tot Hotdish (1)</b> 18	<b>(A) Hamburger w/Bun (1)</b> French Fries (2) Stewed Tomatoes (1) Seasonal Fresh Fruit (1) <b>(B) Chicken Sandwich w/Bun (1)</b> 19	<b>(A) Italian Styled Pork Loin (0)</b> Diced Russett Potatoes (2) Glazed Carrots (1) WW Bread (1) Chocolate Pudding (1) <b>(B) Tuscan Herb Tilapia (0) 20</b>	<b>(A) Goulash (3)</b> Oregano Green Beans (0) WW Bread (1) Fruit Cup (1)  <b>(B) Meatball Primavera w/ Pasta (3)</b> 21
<b>Tuna Salad Sandwich on WW Bread (2)</b> Black Bean & Corn Salad (1) Fruit Cup (1)	<b>(A) Turkey Hot Dog w/ Bun (1)</b> Roasted Potato Wedges (2) Diced Beets (1) Apple Juice (1) <b>(B) BBQ Meatballs w/Bun (2)</b> 24 <b>CHRISTMAS EVE</b> 	<b>CHRISTMAS DAY</b>  <b>CLOSED DUE TO HOLIDAY (11/25 meal served on 11/24)</b>	<b>(A) Shepards Pie (2)</b> Vegetable Medley (1) WW Bread (1) Sugar Cookie (1) <b>(B) Chicken Fritter w/ Mashed Potatoes &amp; Gravy (3)</b> 26	<b>(A) Salisbury Steak (0)</b> Baby Baked Potatoes (2) Cauliflower (0) WW Bread (1) Fruit Cup (1) <b>(B) Italian Pulled Turkey (1) 27</b>	<b>(A) Spaghetti and Meatballs (3)</b> Sweet Peas (1) WW Bread (1) Seasonal Fresh Fruit (1) <b>(B) Beef Stroganoff (3)</b> 28
<b>Turkey Sandwich on WW bread (2) w/ lettuce and tomato</b> Creamy Cole Slaw (0) Seasonal Fresh Fruit (1)	<b>(A) Teriyaki Chicken w/ Broccoli Cuts (1)</b> Rice (2) WW Bread (1) Brownie (2) <b>(B) Beef &amp; Broccoli Stir Fry (0)</b> 31	The number in (parenthesis) is the carbohydrate (carb) count of each menu item. If you are unable to be at home during your delivery time, please call the office at 515-699-3240 to make arrangements for other delivery options. <ul style="list-style-type: none"> <li>• All menu items are subject to change.</li> <li>• <b>All meals include a half pint of 1% milk</b></li> <li>• Drivers are not allowed to leave meals outside, unattended.</li> </ul>			

To change your menu option, please call 515-699-3240 by the end of the prior week. To cancel a meal, please call by 12 p.m. the prior business day. To view menus or for the other information, visit [www.wesleylife.org](http://www.wesleylife.org) and select "Rides & Meals".

# Holiday Stress

## Preventing Weight Gain During the Holidays

- Fill up on fruits and vegetables
- Drink plenty of water
- Have a salad with low-fat dressing before a meal
- Eat small portions of everything you like so you don't feel deprived
- Take a walk after dinner to burn off calories
- **Eat slowly.** It takes your brain 20 minutes to realize you are full
- Trim visible fat off meats to cut calories
- Use herbs, spices or low sodium chicken broth to flavor foods instead of butter, sour cream or margarine
- Have lower fat foods for dessert such as fruit, angel food cake or Jell-O
- **Pre-holiday planning:** Decide ahead of time how you will handle the different events of season. For non-festive days, plan healthy meals, and get some exercise every day.
- **Eat a snack** before going to a party so hunger won't rule your choices
- **Eyes feast first.** Before eating, see what is being served. If there are raw vegetables or plain seafood, start with those, to take the edge off your appetite.
- **Avoid guilty pleasures** you can have anytime, such as chocolates or chips and go with seasonal favorites in small quantity.
- Split dessert with someone else.
- **Be the designated driver.** Have one alcoholic drink (make it something you really enjoy) and for the rest of the evening, choose drinks such as sparkling water or unsweetened tea.
- **Select beverages low in calories**
- Plan **tempting, yet healthy, substitutions**—grilled shrimp versus deep fried; fresh vegetables with low-fat dips rather than nachos; salsa instead of creamy dip; lettuce wraps versus egg rolls; chicken satay, not wings; ginger snaps instead of shortbread; sushi, not sausage rolls.
- **Lighten up your favorite recipes.**
- Chew a piece of **sugar-free gum while cooking or baking**, to stop mindless nibbling
- At a party, use smaller plates
- Give **guilt a vacation**—it's just another holiday stressor!
- Eat smart, stay active, get enough sleep and enjoy a healthy holiday!