

FEBRUARY 2021 Menu Route : \_\_\_\_\_



**Menu Instructions:**  
Please circle your choices and return by Friday 01/15/21 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
<b>Week of 02/01 TO 02/07</b> Salmon Caesar Salad (1) 15g WW Roll (1) 14g Fruit Salad (2) 30g* 1% Milk (1) 12g*	<b>(A) Meatloaf w/Tomato Sauce (1) 9g</b> Asparagus (0) 5g* Mashed Potato (1) 15g* Seasonal Fruit (1) 15g* WW Roll (1) 14g 1% Milk (1) 12g* <b>(B) Baked Pork Chop (0) 3g*</b>	<b>(A) Ham &amp; Au gratin Potato (1) 18g</b> Buttered Corn (1) 15g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* <b>(B) Stuffed Peppers (1) 9g</b>	<b>(A) Beef Steak w/Peppers &amp; Onion Sandwich (0) 3g*</b> Mini Hoagie Bun (2) 24g Roasted Potato (1) 15g* Seasonal Fruit (1) 15g* 1% Milk (1) 12g* <b>(B) Italian Grinder w/Peppers &amp; Onions (0) 5g*</b>	<b>(A) Hamburger (0) 1g*</b> WW Bun (2) 24g Green Beans (0) 5g* Sweet Potato Wedges (1) 15g* Seasonal Fruit (1) 15g* 1% Milk (1) 12g* <b>(B) Brat Burger (0) 1g*</b>	<b>(A) U.S. Senate Bean Stew* (2) 21g</b> Baby Carrots (0) 5g* Seasonal Fruit (1) 15g* WW Roll (1) 14g 1% Milk (1) 12g* <b>(B) Basil Lemon Chicken w/ Couscous (2) 24g</b>	<b>(A) Baked Pork Chop* (0) 3g</b> Asparagus (0) 5g* Mashed Potato (1) 15g* Seasonal Fruit (1) 15g* WW Roll (1) 14g 1% Milk (1) 12g* <b>(B) Meatloaf w/Tomato Sauce (1) 9g</b>	<b>(A) Stuffed Peppers (1) 9g</b> Buttered Corn (1) 15g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* <b>(B) Ham &amp; Au gratin Potato (1) 18g</b>
<b>Week of 02/08 TO 02/14</b> Turkey Sandwich w/Lettuce and Tomato (1) 8g* WW Bun (2) 24g Grapes (1) 18g* 1% Milk (1) 12g*	<b>(A) Italian Pork (0) 0g*</b> Bow Tie Pasta(2) 26g Cauliflower (0) 4g* Seasonal Fruit (1) 15g* WW Roll (1) 14g 1% Milk (1) 12g* <b>(B) Rosemary Chicken (0) g*</b>	<b>(A) Cherry BBQ Chicken over Brown Rice (2) 26g*</b> Broccoli Cuts (0) 5g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* <b>(B) Pork Lo Mein (2) 26g</b>	<b>(A) Beef Soft Taco x2 (0) 0g*</b> Mexican Mixed Veggies (0)5g* Tortilla x2 (2) 30g Orange Juice (1) 15g* w/Lettuce and Tomato (1) 10g* 1% Milk (1) 12g* <b>(B) Chicken Soft Taco x2 (0) 0g*</b>	<b>(A) BBQ Chicken Drumsticks (1) 4g*</b> Garden Vegetables (0) 5g* Baked Beans (2) 25 Seasonal Fruit (1) 15g* Biscuit (1) 15g 1% Milk (1) 12g* <b>(B) Pineapple Pork (1) 4g*</b>	<b>(A) Salmon w/Horseradish Cream over Basil Orzo (2) 24g</b> Garden Vegetables (0) 5g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* <b>(B) Bacon Cheddar Baked Potato (2) 21g</b>	<b>(A) Rosemary Chicken (0) g*</b> Bow Tie Pasta(2) 26g Cauliflower (0) 4g* Seasonal Fruit (1) 15g* WW Roll (1) 14g 1% Milk (1) 12g* <b>(B) Italian Pork (0) 0g*</b>	<b>(A) Pork Lo Mein (2) 26g</b> Broccoli Cuts (0) 5g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* <b>(B) Cherry BBQ Chicken over Brown Rice (2) 26g</b>
<b>Week of 02/15 TO 02/21</b> BLT Wrap (1) 16g Seasonal Fresh Fruit (1) 15g* Macaroni Salad (2) 28g 1% Milk (1) 12g*	<b>(A) Pulled Smoked Turkey (0) 0g*</b> Baked Sweet Potato (1) 15g* Stewed Okra & Tomato (1)11g Seasonal Fruit (1) 15g* WW Bun (2) 24g 1% Milk (1) 12g* <b>(B) Sloppy Joe (1) 6g*</b>	<b>(A) Chicken in Butter Garlic Caper Sauce (0) 2g</b> Linguini (1) 23g Sautéed Mushrooms (0) 4g* Seasonal Fruit (1) 15g* WW Roll (1) 14g 1% Milk (1) 12g* <b>(B) Seafood Newburg (0) 0g</b>	<b>(A) BBQ Chicken Burger (1) 4g</b> Buttered Corn (1) 15g* WW Bun (1) 24g Orange Juice (1) 15g* 1% Milk (1) 12g* <b>(B) Pork Rib Patty (0) 0g</b>	<b>(A) Chicken Gumbo (1) 12g</b> Green Peas (1) 13g* Seasonal Fruit (1) 15g* WW Roll (1) 14g 1% Milk (1) 12g* <b>(B) Beef Stew (2) 19g</b>	<b>(A) Cheese Manicotti (2) 33g</b> Steamed Spinach (0) 1g* Seasonal Fruit (1) 15g* Breadstick (1) 14g 1% Milk (1) 12g* <b>(B) Greek Island Chicken (1) 22g*</b>	<b>(A) Sloppy Joe (1) 6g*</b> Baked Sweet Potato (1) 15g* Stewed Okra & Tomato (1)11g Seasonal Fruit (1) 15g* WW Bun (2) 24g 1% Milk (1) 12g* <b>(B) Pulled Smoked Turkey (0) 0g*</b>	<b>(A) Seafood Newburg (0) 0g</b> Linguini (1) 23g Sautéed Mushrooms (0) 4g* Seasonal Fruit (1) 15g* WW Roll (1) 14g 1% Milk (1) 12g* <b>(B) Chicken in Butter Garlic Caper Sauce (0) 2g</b>
<b>Week of 02/22 TO 02/28</b> Egg Salad Sandwich (0) 3g* Croissant (2) 28g Carrot & Celery Sticks (0) 5g* Seasonal Fresh Fruit (1) 15g* 1% Milk (1) 12g*	<b>(A) Beef Goulash (1) 20g</b> Brussels Sprouts (0) 6g* Seasonal Fruit (1) 15g* WW Roll (1) 14g 1% Milk (1) 12g* <b>(B) Macaroni and Cheese (1) 19g</b>	<b>(A) BBQ Pulled Chicken (1) 11g*</b> Green Beans (0) 5g* Loaded Hash Browns (1) 18g Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* <b>(B) Smoked Pulled Pork (0) 0g*</b>	<b>(A) Spaghetti w/Meat Sauce (2) 31 g</b> Asparagus (0) 5g* Orange Juice (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* <b>(B) Canadian Bacon Pizza (2)26g</b>	<b>(A) Spinach, Potato &amp; Egg Bake (2) 23g*</b> Beets (0) 6g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* <b>(B) Braised Italian Sausage and Cabbage (2) 21g*</b>	<b>(A) Tuna Noodle Casserole (2) 32g</b> Baby Carrots (0) 5g* Seasonal Fruit (1) 15g* WW Roll (1) 14g 1% Milk (1) 12g* <b>(B) Ground Beef Stroganoff Over Noodles (2) 29g</b>	<b>(A) Macaroni and Cheese (1) 19g</b> Brussels Sprouts (0) 6g* Seasonal Fruit (1) 15g* WW Roll (1) 14g 1% Milk (1) 12g* <b>(B) Beef Goulash (1) 20g</b>	<b>(A) Smoked Pulled Pork (0) 0g*</b> Green Beans (0) 5g* Loaded Hash Browns (1) 18g Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* <b>(B) BBQ Pulled Chicken (1) 11g</b>
<b>Week of 03/01 TO 03/07</b> 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*	<b>(A) Chop Steak (1) 15g</b> Baked Sweet Potato (1) 15g* Broccoli Cuts (0) 5g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* <b>(B) Smothered Chicken with Gravy (1) 11g</b>	<b>(A) Turkey Orzo Primavera (2) 38g</b> Asparagus (0) 2g* Kiwi (1) 10g* WW Bread (1) 14g 1% Milk (1) 12g* <b>(B) Creamy Crab Linguini (2) 35g</b>	<b>(A) Creamy Rosa Meatballs (2) 24g</b> Cauliflower (0) 4g* Orange Juice (1) 15g* WW Roll (1) 14g 1% Milk (1) 12g* <b>(B) Pineapple Chicken (1) 16g*</b>	<b>(A) Chicken Breast Florentine (1) 8g</b> Wild Rice (1) 15g* Seasonal Fruit (1) 15g* WW Bread (1) 15g 1% Milk (1) 12g* <b>(B) Kielbasa w/ Peppers &amp; Onions (1) 8g*</b>	<b>(A) BBQ Peach Salmon (0) 6g*</b> Green Peas (1) 13g* Roasted Potato (1) 15g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* <b>(B) BBQ Pork Chop (0) 2g*</b>	<b>(A) Smothered Chicken with Gravy (1) 11g</b> Baked Sweet Potato (1) 15g* Broccoli Cuts (0) 5g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* <b>(B) Chop Steak (1) 15g</b>	<b>(A) Creamy Crab Linguini (2) 35g</b> Asparagus (0) 2g* Kiwi (1) 10g* WW Bread (1) 14g 1% Milk (1) 12g* <b>(B) Turkey Orzo Primavera (2) 38g</b>

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](http://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.