




February Menu



NAME: _____

| DELI MEALS | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Chicken Caesar Salad (1) Italian Pasta Salad (2) Fruit Cup (1) WW Bread (1) 1% Milk (1) | | | | | (A) Tomato Basil Pollock (0) Roasted Sweet Potatoes (1) Cauliflower (0) WW Bread (1) Sliced Apples (1) 1% Milk (1) 1 (B) Five Spice Pulled Turkey (0) |
| Egg Salad Sandwich on WW Bread (2) Lemony White Bean Salad (1) Seasonal Fresh Fruit (1) 1% Milk (1) | (A) Pulled BBQ Chicken (0) Au Gratin Potato (2) Scandinavian Mixed Veg (0) Fruit Cup (1) WW Bread (1) 1% Milk (1)  (B) Swedish Meatballs (0) 4 | (A) Roasted Vegetable Enchilada (1) Mexican Brown Rice (1) Steamed Broccoli (0) WW Bread (1) Fruit Cup (1) 1% Milk (1) (B) Beef Burrito (1) 5 | (A) Chicken Thigh Cacciatore (1) Sliced Lyonnaise Potatoes (1) Roasted Carrots (0) WW Bread (1) Banana (1) 1% Milk (1) (B) Stuffed Green Pepper (1)  6 | (A) Balsamic Turkey London Broil (0) Garlic Mashed Potatoes (1) Cut Green Beans (0) WW Bread (1) Fruit Cup (1) 1% Milk (1)  (B) Green Chili Pork (0) 7 | (A) Old Bay Cod Filet (0) Lemon Rice (1) Steamed Spinach (0) WW Dinner Roll (1) Banana (1) 1% Milk (1) (B) Sliced Roast Beef (0) 8 |
| Chicken Salad on Bun (1) Seasonal Fresh Fruit (1) Carrot Sticks w/ Ranch (1) 1% Milk (1) | (A) Garlic and Herb Chicken Breast (0) Mashed Sweet Potato (1) Steamed Broccoli (0) WW Bread (1) Diced Peaches (1) 1% Milk (1) (B) Lemon Dill Pollock (0) 11 | (A) Yankee Pot Roast (0) Baby Red Baked Potato (2) Green Bean/Carrot Medley (0) Fruit Cup (1) WW Bread (1) 1% Milk (B) Sliced Turkey Breast (0) 12 | (A) Apricot Glazed Turkey (0) Brown Rice & Barley Pilaf (2) Vegetable Medley (1) WW Bread (1) Banana (1) 1% Milk (1)  (B) Dijon Pork Tenderloin (0) 13 | (A) Beefy Mac (3) Steamed Spinach (0) WW Bread (1) Banana (1) 1% Milk (1) (B) Tater Tot Hotdish (1)   14 | (A) Tilapia Florentine (0) Diced Boiled Red Potatoes (1) Broccoli + Cauliflower (0) Apple Slices (1) WW Bread (1) 1% Milk (1) (B) Balsamic Chicken Breast (0) 15 |
| Chef Salad (1) Potato Salad (1) Fruit Cup (1) WW Bread (1) 1% Milk (1) | (A) Meat Loaf (1) Mashed Potato w/ Brown Gravy (1) Green Peas & Carrots (1) WW Bread (1) Orange Juice (1) 1% Milk (1)  (B) Honey Balsamic Pork (1) 18 | (A) Caribbean Jerk Chicken Breast (0) Wild Rice Blend (1) Garden Veggie Blend (0) WW Bread (1) Fruit Cup (1) 1% Milk (1) (B) Italian Roast Beef (0) 19 | (A) Hamburger w/ Bun (1) Herb Roasted Potato Wedge (1) Broccoli & Carrots (0) Sliced Apples (1) Chocolate Brownie (1) 1% Milk (1) (B) Turkey Burger w/ Bun (1) 20 | (A) Herb Roasted Turkey (1) Mashed Sweet Potato (1) Green Beans (0) WW Dinner Roll (1) Banana (1) 1% Milk (1) (B) Tuscan Herb Pollock (1) 21 | (A) Broccoli, Cheese & Rice Casserole (1) Italian Vegetable Blend (0) WW Bread (1) Fruit Cup (1) 1% Milk (1) (B) Spaghetti Noodles w/ Meat Sauce (1) 22 |
| Tuna Salad Sandwich on WW Bun (2) Black Bean & Corn Salad (1) Fruit Cup (1) | (A) Turkey Sloppy Joe (2) Roasted Potato Wedge (1) Garden Veggie Blend (0) Seasonal Fruit (1) 1% Milk (1)  (B) Pork Ribblet w/ BBQ (0) 25 | (A) Lemon Baked Cod (0) Roasted Red Bliss Potato (1) Key Largo Veggie Blend (0) Fruit Cup (1) WW Bread (1) 1% Milk (1) (B) French Dip Sandwich (2) 26 | (A) Herb Crusted Roast Beef (0) Cheddar Mashed Potato (1) Green Beans w/ Stewed Tomato (0) WW Bread (1) Banana (1) 1% Milk (1) (B) Lemon Basil Chicken Breast (0) 27 | (A) Chicken Fajita Meat (0) Roasted Mexican Potatoes (1) Fajita Blend Vegetable (0) Four Tortilla (1) Seasonal Fruit (1) 1% Milk (1) (B) Southwest Ground Turkey (0) 28 | |

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.

- All menu items are subject to change.
- **All meals include a half pint of 1% milk**
- Drivers are not allowed to leave meals outside, unattended.

To change your menu option, please call 515-699-3240 by the end of the prior week. To cancel a meal, please call by 11am the prior business day. To view menus or for the other information, visit www.wesleylife.org and select "Rides & Meals".

DATE: _____

February is American Heart Month

Here are some tips for a healthier heart this year!

- **Stop smoking** – Smokers have a higher risk of developing chronic disorders, including the buildup of fatty substances in the arteries. Combined with other heart disease risk factors, smoking increases the risks associated with those factors
- **Know your numbers** – Maintaining a healthy weight, blood pressure and total cholesterol play a significant role in maintaining a healthy heart. Knowing these numbers can help pinpoint risk factors and how to improve them.
- **Get Active** – Heart pumping physical activity not only keeps the heart healthy, but can also improve overall mental and physical health. Walking, jogging, biking and swimming are all great forms of exercise. Remember that something is better than nothing!
- **Build Muscle** – Strength training compliments cardiovascular exercise by toning muscles and burning fat. In addition, training can improve activities of daily living and decreasing the chance of injury.
- **Eat Smart** – A healthy diet full of heart-healthy foods are essential to a healthy heart lifestyle. Salmon, nuts, berries and oats are just a few heart “superfoods” that may help reduce the risks of heart disease.
- **Limit Junk** – Limit the intake of nutrient poor junk foods. Added sugars, saturated fats and excessive sodium can all negatively impact your heart, as well as physical health. These foods can cause weight gain, increase blood pressure and clog arteries, all risk factors of heart disease.
- **Sleep More** – Sleeping restores the body, helps decrease stress and increase overall happiness. Build a bedtime routine by going to bed and waking up at the same time each day. This will help establish healthy sleep patterns. Also get ample sunshine and physical activity throughout the day
- **Smile!** – A happy heart is a healthy heart. Making time for enjoyable activities and hobbies helps relieve stress and improves overall mood, providing a great foundation for a heart-healthy lifestyle.