



DELI MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
(D) Turkey Sandwich (0) on 2 WW Bread (2) w/2 Tomato Slices (0) • Pasta Salad (3) • Fresh Fruit (1.5) • Dessert (1)	<ul style="list-style-type: none"> • 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. <p>If you are unable to be at home during your delivery time, please call the office 699-3240 to make arrangements for other delivery options.</p>			The number in (parentheses) is the carbohydrate (carb) count of each menu item.	(A) Beef Stroganoff (.5) w/Rice (1) • Carrots (1) • WW Bread (1) • Fresh Fruit(1) (B) Pubhouse Tilapia (2)
(D) Egg Salad Sandwich on WW Bread (2) • Pasta Salad (2) • Fresh Fruit (1)	(A) Meatloaf (0) • Mashed Potatoes (1.5) • Mixed Vegetables (1) • WW Bread (1) • Fresh Fruit (1) (B) Seasoned Bone-In Chicken (0)	(A) BBQ Chicken Breast (0) • Potato Wedges (1) • Carrots (1) • WW Bun (1) • Fresh Fruit (1) • Dessert (1) (B) Hamburger on a Bun (1)	(A) Beef Stew (0) • Cauliflower (.5) • WW Bread (1) • Fresh Fruit (1) (B) Chicken Primavera (.5)	(A) Swedish Meatballs (1) • Seasoned Potatoes (1) • Peas (.5) • WW Bread (1) • Fresh Fruit (1) (B) BBQ Boneless Chicken Thigh (0)	(A) Roasted Pork Loin (0) • Baby Baked Potatoes (1.5) • Beets (1) • WW Bread (1) • Fresh Fruit (1) • Dessert (1) (B) Beef Pot Roast (1)
(D) Homemade Chicken Salad (1) on a Bed of Lettuce (0) • Fresh Fruit (1) • Carrot Sticks w/Ranch (1.5) • Dessert (1)	(A) Pork Cutlet (0) • Diced Potatoes (.5) • Corn (.5) • WW Dinner Roll (1) • Fresh Fruit (1) (B) Salisbury Steak (0)	(A) Stuffed Bell Peppers (.5) • Red Skin Potatoes (1) • Broccoli (.5) • WW Bread (1) • Fresh Fruit (1) • Dessert (1) (B) Teriyaki Chicken (0)	(A) Chicken Tenders (0) • Potato Wedges (1.5) • Peas and Carrots (1) • WW Bread (1) • Apple Juice (1.5) (B) Meatloaf w/Gravy (0)	(A) Cheese Omelet (0) • Potatoes O'Brien (1.5) • Fruit Compote (1) • WW Bread (1) • Orange Juice (1) • Dessert (1) (B) Seasoned Chicken Breast (0)	(A) Chili (1) • Peas (.5) • WW Bread (1) • Fresh Fruit (1) (B) Tatortot Hotdish (.5)
(D) Turkey Roll-Up (1) • Potato Salad (2) • Fresh Fruit (1)	(A) Hungarian Goulash (1) w/Pasta (2) • Green Beans (.5) • WW Bread (1) • Fresh Fruit (1) • Dessert (1) (B) Potato Soup (0)	(A) BBQ Pulled Pork (0) • French Fries (1.5) • Mixed Vegetables (.5) • WW Bun (1) • Fresh Fruit (1) (B) Southern Style Chicken Fritter	(A) Turkey w/Apple Cranberry Sauce (0) • Sweet Potatoes (1.5) • Peas (.5) • WW Dinner Roll (1) • Fresh Fruit (1) • Dessert (1) (B) Swedish Meatballs (0)	(A) BBQ Meatballs (1.5) • Potato Wedges (1.5) • Corn (.5) • WW Bun (1) • Apple Juice (1) (B) Turkey Dog (0)	(A) Orange Chicken w/Rice (1) • Capri Blend Vegetables (.5) • WW Bread (1) • Fresh Fruit (1) (B) Tuna Noodle Hotdish (3)
(D) Tuna Salad Sandwich on 2 WW Bread (2) • Pasta Salad (3) • Fresh Fruit (1)	CLOSED MERRY CHRISTMAS!			(A) Teriyaki Pork Loin (0) • Mashed Potatoes (1.5) • Winter Blend Veggies (.5) • WW Bread (1) • Fresh Fruit (1) (B) Meatloaf w/Gravy (0)	(A) Beef Stroganoff (.5) w/Rice (1) • Carrots (1) • WW Bread (1) • Fresh Fruit (1.5) (B) Pubhouse Tilapia (2)

To change your menu option, please call 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 other information, visit www.wesleylife.org and select "Rides & Meals."