

March Menu



NAME: _____

DELI MEALS	Monday	Tuesday	Wednesday	Thursday	Friday
Tuna Salad on WW Bun (2) Black Bean & Corn Salad (1) Fruit Cup (1) 1% Milk (1)					(A) BBQ Chicken Breast (0) Colored Potato Blend (2) Broccoli + Cauliflower (0) Apple Slices (1) WW Bread (1) 1% Milk (1) (B) Veggie Burger (2) 1
Turkey Sandwich on WW Bun (2) w/ Lettuce & Tomato Creamy Cole Slaw (0) Seasonal Fresh Fruit (1) 1% Milk (1)	 (A) Pulled Pork w/ Bun (1) Mashed Sweet Potato (1) Steamed Broccoli (0) WW Bread (1) Sliced Apples (1) 1% Milk (1) (B) Braised Turkey (0) 4	(A) Shepherds Pie (1) Oregano Green Beans (0) WW Dinner Roll (1) Banana (1) 1% Milk (1) (B) Tuna Casserole (1) 5	(A) Sliced Asian Beef (0) Yellow Rice (2) Chef Cut Asian Blend (0) Seasonal Fruit (1) 1% Milk (1) (B) Cranberry Harvest Chicken Breast (0) 6	(A) Chicken Pot Pie w/ Biscuit (2) Roasted Yukon Gold Potatoes (1) Steamed Spinach (0) WW Bread (1) Fruit Cup (1) 1% Milk (1)  (B) Italian Sausage Half w/ Peppers & Onions (0) 7	(A) Tilapia Provencal (0) Diced Boiled Red Potatoes (1) Garden Vegetable Blend (0) Orange Juice (1) Banana (1) WW Dinner Roll (1) 1% Milk (1) (B) Beef Stew (1) 8
Chicken Caesar Salad (1) Italian Pasta Salad (2) Fruit Cup (1) WW Bread (1) 1% Milk (1)	(A) Bone-in Rosemary Herb Chicken (0) Garlic Mashed Potatoes (1) Baby Carrots with Dill WW Bread (1) Seasonal Fruit (1) 1% Milk (1)  (B) Italian Pork Loin (0) 11	(A) Teriyaki Chicken w/White Rice (2) Broccoli Cuts (0) WW Bread (1) Banana (1) 1% Milk (1)  (B) Mac and Cheese (2) 12	(A) Ham & Cheddar Egg Bake (1) Garlic Roast Green Beans (0) WW Bread (1) Fresh Cantaloupe (1) Orange Juice (1) 1% Milk (1) (B) Turkey Chili (1) 13	(A) Grilled Lemon Chicken Breast (0) Basil Orzo (1) Green Peas (1) WW Bread (1) Banana (1) 1% Milk (1) (B) Braised Beef (0) 14	(A) Tomato Basil Pollock (0) Roasted Sweet Potatoes (1) Cauliflower (0) WW Bread (1) Sliced Apples (1) 1% Milk (1) (B) Five Spice Pulled Turkey (0) 15
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) 18	(A) Roasted Vegetable Enchilada (1) Mexican Brown Rice (1) Steamed Broccoli (0) WW Bread (1) Banana (1) 1% Milk (1) (B) Beef Burrito (1) 19	(A) Chicken Thigh Cacciatore (1) Sliced Lyonnaise Potatoes (1) Steamed Carrots (0) WW Bread (1) Fruit Cup (1) 1% Milk (1) 20  (B) Stuffed Green Pepper (1)	(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) 21	(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) 22
Homemade Chicken Salad on a 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) Seasonal Fruit (1) 1% Milk (1) 25 (B) Lemon Dill Pollock	(A) Yankee Pot Roast (0) Colored Potato Blend (2) Green Bean/Carrot Medley (0) Banana (1) WW Bread (1) 1% Milk (1) (B) Sliced Turkey Breast (0) 26	(A) Apricot Glazed Turkey (0) Brown Rice and Barley Pilaf (2) Vegetable Medley (1) WW Bread (1) Fruit Cup (1) 1% Milk (1)  (B) Dijon Pork Tenderloin (0) 27	(A) Beefy Mac (3) Steamed Spinach (0) WW Bread (1) Banana (1) 1% Milk (1) (B) Ancho Lime Chicken Breast over Brown Rice (1) 28	(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) 29

To change your menu option, cancel a meal, or if you are unable to be at home during your delivery time, Please call (515)699-3240 by 11a.m. the prior business day.

The number in parenthesis is the carbohydrate (carb) count of each menu item.

All menu items are subject to change.

Drivers are not allowed to leave meals outside, unattended.

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

How To Read A Nutrition Facts Label- Basics

- 1. Start Here.** Look at serving sizes and servings per container. This way you know what nutrients you are getting based on how much you eat.
- 2. Check The Calories.** Tie this back to the serving size and servings per container.
- 3. Limit These.** Try to limit saturated fat to <5g per serving. Try to eliminate trans fat completely. Aim for lower sodium and lower added sugar options.
- 4. Look For Fiber.** Try to get plenty of fiber each day. Fiber can help lower blood sugars, lower cholesterol, and improve heart health. The current recommendation is 25-30g fiber each day.

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
	<small>% Daily Value*</small>
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.