

# May Menu



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

DELI MEALS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Chef Salad (1)</b> 🐷 Potato Salad (1) Fruit Cup (1) WW Bread (1) 1% Milk (1)			<b>(A) Roast Turkey (0)</b> Mashed Potatoes (1) Peas & Carrots (1) Apple Sauce (1) WW Bread (1) 1% Milk (1) <b>(B) Salisbury Steak (0)</b>	<b>(A) Herb Rubbed Pork Chops (0)</b> 🐷 Mashed Sweet Potato (1) Green Beans (0) WW Dinner Roll (1) Banana (1) 1% Milk (1) <b>(B) 3-Cheese Quiche (1)</b>	<b>(A) Parmesan Baked Pollock w/ Brown Rice (2)</b> Vegetable Blend (0) WW Bread (1) Fruit Cup (1) 1% Milk (1) <b>(B) Spaghetti Noodles w/ Meat Sauce (3)</b>	<b>(A) Pulled BBQ Chicken (0)</b> Cheddar Mashed Potatoes (1) Steamed Carrot Coins (0) Fruit Cup (1) WW Bread (1) 1% Milk (1) <b>(B) Swedish Meatballs (0)</b> 🐷	<b>(A) Roasted Vegetable Enchilada (1)</b> Mexican Brown Rice (1) Steamed Cauliflower (0) WW Bread (1) Seasonal Fruit (1) 1% Milk (1) <b>(B) Roast Beef (0)</b>
<b>Seafood Salad (1)</b> Black Bean & Corn Salad (1) WW Bread (1) Fruit Cup (1) 1% Milk (1)	<b>(A) Sloppy Joe on Bun(2)</b> Oven Browned Potatoes (1) Garden Veggie Blend (0) Seasonal Fruit (1) 1% Milk (1) <b>(B) Hot Pork Sandwich on Bun (2)</b> 🐷	<b>(A) Baked Italian Cod (0)</b> Brown Rice Pilaf (1) Green Peas (0) Fruit Cup (1) WW Roll (1) 1% Milk (1) <b>(B) Hot Roast Beef Sandwich(2)</b>	<b>(A) Beef Stroganoff (1)</b> Penne Pasta(1) Italian Green Beans (0) WW Bread (1) Banana (1) 1% Milk (1) <b>(B) Chicken Breast w/Dijon Pecan Sauce (0)</b>	<b>(A) Chicken Taco Meat (0)</b> Roasted Mexican Potato (1) Fajita Blend Vegetable (0) Small Flour Tortilla (1) Banana (1) 1% Milk (1) <b>(B) Texas Style Beef Brisket (1)</b>	<b>(A) BBQ Chicken on Bun (2)</b> Baby Baked Potato (2) Broccoli + Cauliflower (0) Seasonal Fruit (1) 1% Milk (1) <b>(B) Veggie Burger on Bun (2) w/ Lettuce &amp; Tomato</b>	<b>(A) Baked Chicken Breast(1)</b> Wild Rice Blend (1) Garden Vegetable (0) WW Bread (1) Fruit Cup (1) Chocolate Brownie (1) 1% Milk (1) <b>(B) Swiss Steak (0)</b>	<b>(A) Herb Roasted Turkey(0)</b> Mashed Sweet Potatoes (1) Green Beans (0) WW Dinner Roll (1) Banana (1) 1% Milk (1) <b>(B) Baked Pork Chops (0)</b> 🐷
<b>Turkey Sandwich on WW Bun (2) w/ Lettuce &amp; Tomato</b> Creamy Cole Slaw (0) Seasonal Fresh Fruit (1) 1% Milk (1)	<b>(A) Turkey w/Gravy (0)</b> Mashed Sweet Potato (1) Steamed Broccoli (0) WW Bread (1) Apple Sauce (1) 1% Milk (1) <b>(B) Beefy Mac (2)</b>	<b>(A) Tuna Casserole (1)</b> Oregano Green Beans (0) WW Dinner Roll (1) Seasonal Fruit (1) 1% Milk (1) <b>(B) Chicken Tetrazzini (2)</b>	<b>(A) Asian Pepper Steak(0)</b> Yellow Rice (1) Chef Cut Asian Blend (0) Banana (1) 1% Milk (1) WW Bread (1) <b>(B) Seafood Newberg (1)</b>	<b>(A) Italian Sausage 1/2 w/ Peppers and Onions (0)</b> Roasted Yukon Gold Potatoes (1) Steamed Spinach (0) WW Bread (1) Fruit Cup (1) 1% Milk (1) <b>(B) Greek Chicken (0)</b>	<b>(A) Herb Baked Cod w/ Succotash(1)</b> Garden Vegetable Blend (0) Banana (1) Garlic Breadstick(1) 1% Milk (1) <b>(B) Baked Ziti w/Marinara(3)</b>	<b>(A) Herb Crusted Roast Beef (0)</b> Cheddar Mashed Potatoes (1) Green Beans w/Stewed Tomato(0) WW Bread (1) Banana (1) 1% Milk (1) <b>(B) Lemon Basil Chicken Breast (0)</b>	<b>(A) Sloppy Joe on Bun(2)</b> Oven Browned Potatoes (1) Garden Veggie Blend (0) Seasonal Fruit (1) 1% Milk (1) <b>(B) Hot Pork Sandwich on Bun (2)</b> 🐷
<b>Cottage Cheese and Fruit (2)</b> Croissants (1) Broccoli Salad (0) Fruit Cup (1) WW Bread (1) 1% Milk (1)	<b>(A) Bone-in Herb Roasted Chicken (0)</b> Garlic Mashed Potatoes (1) Baby Carrots with Dill (0) WW Bread (1) Seasonal Fruit (1) 1% Milk (1) <b>(B) Pork Loin (0)</b> 🐷	<b>(A) Teriyaki Chicken w/ White Rice (2)</b> Broccoli Cuts (0) WW Bread (1) Seasonal Fruit(1) 1% Milk (1) <b>(B) Mac and Cheese (2)</b>	<b>(A) Yankee Pot Roast (1)</b> Mashed Potatoes (1) Garlic Roast Green Beans (0) WW Bread (1) Fresh Fruit Cup(1) 1% Milk (1) <b>(B) Baked Chicken Breast Parmesan (0)</b>	<b>(A) Grilled Chicken (0)</b> Basil Orzo (1) Green Peas (1) WW Bread (1) Banana (1) 1% Milk (1) <b>(B) Beef Stew (0)</b>	<b>(A) Tomato Basil Pollock (0)</b> Roasted Sweet Potatoes (1) Garden Veggie Blend(0) WW Bread (1) Sliced Apples (1) 1% Milk (1) <b>(B) Vegetable Strata (2)</b>	<b>(A) Italian Sausage 1/2 w/Peppers and Onions (0)</b> Roasted Yukon Gold Potatoes (1) Steamed Spinach (0) WW Bread (1) Fruit Cup(1) 1% Milk (1) <b>(B) Greek Chicken (0)</b>	<b>(A) Herb Baked Cod w/ Succotash (1)</b> Garden Vegetable Blend (0) Banana (1) Garlic Breadstick(1) 1% Milk (1) <b>(B) Baked Ziti w/Marinara (3)</b>
<b>Roast Beef Sandwich on WW Bread (2) w/ Lettuce &amp; Tomato</b> Seasonal Fresh Fruit (1) Carrot Sticks w/ Ranch (1) 1% Milk (1)	<b>(A) BBQ Chicken Breast (0)</b> Oven Browned Potatoes (1) Scandinavian Mixed Veg (1) Fruit Cup (1) WW Bread (1) 1% Milk (1) <b>(B) Stuffed Peppers (1)</b>	<b>(A) Roasted Vegetable Enchilada (1)</b> Mexican Brown Rice (1) Cauliflower Blend( 0) WW Bread (1) Banana(1) 1% Milk (1) <b>(B) Ham Cheddar Egg Bake (1)</b> 🐷	<b>(A) Meat Loaf (1)</b> Mashed Potato w/ Gravy (1) Green Beans (0) WW Bread (1) Apple Juice (1) 1% Milk (1) <b>(B) Smothered Pork Chops (0)</b> 🐷	<b>(A) Baked Chicken (0)</b> Rice Pilaf(1) Garden Veggie Blend (0) WW Bread (1) Fruit Cup(1) 1% Milk (1) <b>(B) Roast Beef w/Gravy (0)</b>	<b>(A) Roast Turkey (0)</b> Mashed Potatoes (1) Peas & Carrots (1) Apple Sauce (1) WW Bread (1) 1% Milk (1) <b>(B) Salisbury Steak (0)</b>		

To change your menu option, cancel a meal, or if you are unable to be home for delivery, please call (515)699-3240 by 11 am the prior business day to avoid a fee.

To view menus or for the other information, visit [www.wesleylife.org](http://www.wesleylife.org) and select "Rides & Meals".

Weekend Meals are delivered on Fridays, frozen.

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.