


November Menu



NAME: _____

DELI MEALS	Monday	Tuesday	Wednesday	Thursday	Friday
Homemade Chicken Salad on Bun (1) Seasonal Fresh Fruit (1) Carrot Sticks w/ Ranch (1)				(A) Creamed Chipped Beef (0) Baby Baked Potatoes (2) Broccoli & Cauliflower (0) WW Bread (1) Seasonal Fresh Fruit (1) (B) Chicken Parmesan (0) 1	(A) Sloppy Joe w/ Bun (2) French Fries (2) Sweet Peas (1) Seasonal Fresh Fruit (1) (B) Turkey Burger w/ Bun (1) 2
Chef Salad (1) Potato Salad (1) Fruit Cup (1) WW Bread (1)	(A) Cilantro Citrus Pork Penil (0) Sweet Potatoes (2) Capri Vegetables (1) WW Bread (1) Seasonal Fresh Fruit (1) (B) Fish Sticks (2) 5	(A) Chicken Alfredo w/Pasta (4) Mixed Vegetables (0) WW Bread (1) Fruit Cup (1) (B) Tatortot Hotdish (1) 6	(A) Hamburger w/ Bun (1) French Fries (2) Stewed Tomatoes (1) Seasonal Fresh Fruit (1) (B) Chicken Sandwich w/ Bun (1) 7	(A) Italian Style Pork Loin (0) Diced Russett Potatoes (2) Glazed Carrots (1) WW Bread (1) Chocolate Pudding (1) (B) Tuscan Herb Tilapia (0) 8	(A) Goulash (3) Oregano Green Beans (0) WW Bread (1) Fruit Cup (1) (B) Meatball Primavera w/ Pasta (3) 9
Tuna Salad Sandwich on WW Bread (2) Black Bean & Corn Salad (1) Fruit Cup (1)	(A) Turkey Hot Dog w/ Bun (1) Roasted Potato Wedges (2) Diced Beets (1) Apple Juice (1) (B) BBQ Meatballs w/Bun (2) 12	(A) Baked Herb Tilapia (0) Seasonal Potatoes (2) Corn Succotash (1) WW Bread (1) Seasonal Fresh Fruit (1) (B) Beef Enchilada (1) 13	(A) Shepherds Pie (2) Vegetable Medley (1) WW Bread (1) Sugar Cookie (1) (B) Chicken Fritter w/ Mashed Potatoes & Gravy (3) 14	(A) Salisbury Steak (0) Baby Baked Potatoes (2) Cauliflower (0) WW Bread (1) Fruit Cup (1) 15 (B) Italian Pulled Turkey (1)	(A) Spaghetti & Meatballs (3) Sweet Peas (1) WW Bread (1) Seasonal Fresh Fruit (1) (B) Beef Stroganoff (3) 16
Turkey Sandwich on WW Bun (2) w/ lettuce and tomato Creamy Cole Slaw (0) Seasonal Fresh Fruit (1)	(A) Teriyaki Chicken w/ Broccoli Cuts (1) Rice (2) WW Bread (1) Brownie (2) (B) Beef & Broccoli Stir Fry (0) 19	(A) Turkey Pasta Primavera (2) Green Beans (0) WW Bread (1) Seasonal Fresh Fruit (1) (B) Beef Burgandy w/Noodles (2) 20	(A) Braised Pork Loin (0) Sweet Potatoes (2) Capri Vegetables (1) WW Bread (1) Fruit Cup (1) (B) Turkey w/ Cranberry Sauce 21	HAPPY THANKSGIVING  CLOSED DUE TO HOLIDAY (11/22 MEAL SERVED ON 21st)	
Chicken Ceasar Salad (1) Italian Pasta Salad (2) Fruit Cup (1) WW Bread (1)	(A) Sweet and Sour Chicken (1) Rice (2) Stir Fry Vegetables (1) WW Bread (1) Fruit Cup (1) (B) Beef Burrito (1) 26	(A) Macaroni & Cheese (2) Sweet Peas (1) WW Bread (1) Seasonal Fresh Fruit (1) (B) Beef Mostaccoli (2) 27	(A) Rosemary Bone in Chicken (0) Seasoned Potatoes (1) Whole Kernel Corn (2) WW Bread (1) Apple Juice (1) (B) Meatloaf (1) 28	(A) Pulled Pork w/ Bun (1) French Fries (1) Mixed Vegetables (0) Chocolate Chip Cookie (1) (B) Fish Fillet Sandwich w/ Bun (1) 29	(A) Tuna Noodle Casserole (2) Green Beans (0) WW Bread (1) Seasonal Fresh Fruit (1) (B) Ham & Cheddar Breakfast Bake (1) 30

To change your menu option, please call 515-699-3240 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 the other information, visit www.wesleylife.org and select "Rides & Meals".

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.