

September 2020 Menu Route : \_\_\_\_\_



**Menu Instructions:**  
Please circle your choices and return by Thursday 8/20/20 or as soon as possible. Mark an "X" over the day to cancel or write "Deli" to choose the deli option.

First and Last Name: \_\_\_\_\_

DELI MEALS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week of Aug 31st to Sept 6th</b> Chef Salad (1) 8g* Wheat Crackers (1) 15g Jello Cup (1) 19g Seasonal Fresh Fruit (1) 15g* 1% Milk (1) 12g*	<b>(A) Pulled Pork (1) 9g*</b> Baked Sweet Potato (1) 15g* Cauliflower (0) 4g* Fruit Cup (1) 15g* WW Bun (2) 24g 1% Milk (1) 12g* <b>(B) Pulled Chicken (1) 11g*</b>	<b>(A) Rosemary Chicken Thighs (0) 0g*</b> Peas (1) 13g* Mashed Potato (1) 15g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* <b>(B) Baked Ham (0) 4g*</b>	<b>(A) Asian Beef Meatballs (0) 3g</b> Rice Noodle (1) 24g Green Beans (0) 5g* Orange Juice (1) 15g* 1% Milk (1) 12g* WW Bread (1) 14g <b>(B) Korean BBQ Porkloin (0) 7g*</b>	<b>(A) Ranch Chicken Breast (1) 6g</b> Garden Vegetables (0) 5g* Baked Beans (2) 25g Seasonal Fruit (1) 15g* Biscuit (1) 15g 1% Milk (1) 12g* <b>(B) BBQ Pork Riblet (0) 0g</b>	<b>(A) Tuna &amp; Noodle Casserole (2) 27g</b> Peas and Carrots (1) 10g* Fruit Cup (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* <b>(B) Beef Goulash (2) 20g</b>	<b>(A) Pulled Chicken (1) 11g*</b> Baked Sweet Potato (1) 15g* Cauliflower (0) 4g* Fruit Cup (1) 15g* WW Bun (2) 24g 1% Milk (1) 12g* <b>(B) Pulled Pork (1) 9g*</b>	<b>(A) Baked Ham (0) 4g*</b> Peas (1) 13g* Mashed Potato (1) 15g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* <b>(B) Rosemary Chicken Thighs (0) 0g*</b>
<b>Week of Sept 7th to Sept 13th</b> Buffalo Chicken Sandwich w/Lettuce and Tomato (1) 21g WW Bun (2) 24g Cucumber Tomato Salad (0) 2g* Grapes (1) 18g* 1% Milk (1) 12g*	<b>(A) BBQ Beef (1) 9g*</b> Scalloped Potatoes (2) 26g Asparagus (0) 2g* Seasonal Fruit (1) 15g* WW Roll (1) 14g 1% Milk (1) 12g* <b>(B) Potato Crusted Cod (1) 8g*</b> Happy Labor Day! Meal delivered Wed 9/2/20, frozen.	<b>(A) Meatloaf w/Tomato Sauce (1) 9g</b> Green Beans (0) 5g* Mashed Potato (1) 15g* Fruit Cup (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* <b>(B) Lemon Pepper Chicken (0) 0g*</b>	<b>(A) Roast Turkey Breast (0) 4g*</b> Peas and Carrots (1) 10g* Baked Sweet Potato (1) 15g* Orange Juice (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* <b>(B) Baked Ham (0) 4g</b>	<b>(A) Chicken Gumbo (1) 16g*</b> WW Roll (1) 14g Mixed Veggies (0) 5g* Seasonal Fruit (1) 15g* 1% Milk (1) 12g* <b>(B) Baked Potato w/Broccoli and Cheese (2) 22g</b>	<b>(A) Cheese Pizza (2) 23g</b> Green Beans (0) 5g* Fruit Cup (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* <b>(B) Braised Cabbage &amp; Sausage (2) 21g*</b>	<b>(A) Potato Crusted Cod (1) 8g*</b> Scalloped Potatoes (2) 26g Asparagus (0) 2g* Seasonal Fruit (1) 15g* WW Roll (1) 14g 1% Milk (1) 12g* <b>(B) BBQ Beef (1) 9g*</b>	<b>(A) Lemon Pepper Chicken (0) 0g*</b> Green Beans (0) 5g* Mashed Potato (1) 15g* Fruit Cup (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* <b>(B) Meatloaf w/Tomato Sauce (1) 9g</b>
<b>WEEK OF Sept 14th to Sept 20th</b> Greek Salad (2) 22g* (Romaine, cucumber, olive, tomato, feta) WW Roll (1) 14g Fruit and Yogurt Parfait (2) 17g 1% Milk (1) 12g*	<b>(A) Cabbage Roll (2) 21g*</b> Peas (1) 13g Fruit Cup (1) 15g* WW Roll (1) 14g 1% Milk (1) 12g* <b>(B) Macaroni and Cheese (1) 19g</b>	<b>(A) BBQ Pulled Chicken (1) 11g*</b> Green Beans (0) 5g* Potato Wedges (1) 15g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* <b>(B) Smoked Pulled Pork (0) 0g*</b>	<b>(A) Cheesy Turkey, Bacon &amp; Potatoes (2) 27g</b> Garden Vegetables (0) 5g Seasonal Fruit (1) 15g* Breadstick (1) 15g 1% Milk (1) 12g* <b>(B) Stuffed Shells (2) 30g</b>	<b>(A) Honey Mustard Chicken (0) 2g*</b> Buttered Corn (1) 15g* Seasonal Fruit (1) 15g* Mini Hoagie (2) 24g 1% Milk (1) 12g* <b>(B) Bratwurst (0) 4g</b>	<b>(A) Vegetable Lasagna (2) 33g</b> Broccoli Cuts (0) 5g* Fruit Cup (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* <b>(B) Chicken &amp; Barley Casserole (2) 29g</b>	<b>(A) Macaroni and Cheese (1) 19g</b> Peas (1) 13g* Fruit Cup (1) 15g* WW Roll (1) 14g 1% Milk (1) 12g* <b>(B) Cabbage Roll (2) 21g*</b>	<b>(A) Smoked Pulled Pork (0) 0g*</b> Green Beans (0) 5g* Potato Wedges (1) 15g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* <b>(B) BBQ Pulled Chicken (1) 11g*</b>
<b>WEEK OF Sept 21st to Sept 27th</b> Antipasto Salad (1) 13g* Breadstick (1) 14g Pudding Cup (2) 23g Seasonal Fresh Fruit (1) 15g* 1% Milk (1) 12g*	<b>(A) Lemon Butter Cod (0) 0g*</b> Garden Vegetables (0) 5g* Wild Rice (1) 15g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* <b>(B) Roast Porkloin (0) 0g*</b>	<b>(A) Beef and Bean Chili (1) 16g</b> Broccoli Cuts (0) 5g Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* <b>(B) Ratatouille (1) 14g*</b>	<b>(A) Chop Steak (1) 15g</b> Asparagus (0) 2g* Baked Sweet Potato (1) 15g* Fruit Cup (1) 15g* WW Roll (1) 14g 1% Milk (1) 12g* <b>(B) Sauteed Ham, Bacon &amp; Onion (0) 7g</b>	<b>(A) Chicken Enchilada Bake (1) 18g</b> Mexican Mixed Veggies (0) 5g Seasonal Fruit (1) 15g* Tortilla (1) 15g 1% Milk (1) 12g* <b>(B) Beef &amp; Bean Enchilada (2) 25g</b>	<b>(A) Salmon w/Horseradish (0) 3g*</b> Buttered Corn (1) 15g* Rice Pilaf (1) 15g Fruit Cup (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* <b>(B) Baked Chicken Thighs (0) 0g*</b>	<b>(A) Roast Porkloin (0) 0g*</b> Garden Vegetables (0) 5g* Wild Rice (1) 15g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* <b>(B) Lemon Butter Cod (0) 0g*</b>	<b>(A) Ratatouille (1) 14g*</b> Broccoli Cuts (0) 5g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* <b>(B) Beef and Bean Chili (1) 16g</b>
<b>WEEK OF Sept 28th to Oct 4</b> Salmon Caesar Salad (1) 15g WW Roll (1) 14g Fruit Salad (1) 30g* 1% Milk (1) 12g*	<b>(A) Pulled Smoked Turkey (0) 0g*</b> Baked Sweet Potato (1) 15g* Cauliflower (0) 4g* Fruit Cup (1) 15g* WW Bun (2) 24g 1% Milk (1) 12g* <b>(B) Sloppy Joe (1) 9g</b>	<b>(A) Ham &amp; Au gratin Potato (1) 18g</b> Buttered Corn (1) 15g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* <b>(B) Stuffed Peppers (1) 9g</b>	<b>(A) Beef Steak w/Peppers &amp; Onion Sandwich (0) 3g*</b> Mini Hoagie Bun (2) 24g Potato Wedges (1) 15g* Seasonal Fruit (1) 15g* 1% Milk (1) 12g* <b>(B) Italian Grinder w/Peppers &amp; Onion Sandwich (0) 5g</b>	<b>(A) BBQ Chicken Drumsticks (1) 4g*</b> Garden Vegetables (0) 5g* Baked Beans (2) 25g Seasonal Fruit (1) 15g* Biscuit (1) 15g 1% Milk (1) 12g* <b>(B) Pineapple Pork (1) 4g</b>	<b>(A) Baked Ziti (2) 33g</b> Steamed Spinach (0) 1g Fruit Cup (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* <b>(B) Supreme Pizza (2) 35g</b>	<b>(A) Sloppy Joe (1) 9g</b> Baked Sweet Potato (1) 15g* Cauliflower (0) 4g* Fruit Cup (1) 15g* WW Bun (2) 24g 1% Milk (1) 12g* <b>(B) Pulled Smoked Turkey (0) 0g*</b>	<b>(A) Stuffed Peppers (1) 9g</b> Buttered Corn (1) 15g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* <b>(B) Ham &amp; Au gratin Potato (1) 18g</b>

PLEASE NOTE: To change your menu option, cancel a meal, or are unable to be home for delivery, please call 515-699-3240 by 11:00 the prior business day to avoid a fee.  
 Saturday and Sunday meals are delivered on Friday, frozen, and must be ordered by Wednesday of the requested delivery week.  
 To view menus or for other information, please visit [www.wesleylife.org](http://www.wesleylife.org) and select "Rides and Meals."  
 The number in ( ) is the Carbohydrate (Carb) count of each menu item. \*Gluten Free item. All menu items are subject to change.