

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
<p>Week of Aug 31st to Sept 6th</p> <p>Chef Salad (1) 8g* 🐷 Wheat Crackers (1) 15g</p> <p>Jello Cup (1) 19g</p> <p>Seasonal Fresh Fruit (1) 15g* 1% Milk (1) 12g*</p>	<p>(A) Pulled Pork (1) 9g* 🐷 Baked Sweet Potato (1) 15g* Cauliflower (0) 4g* Fruit Cup (1) 15g* WW Bun (2) 24g 1% Milk (1) 12g*</p> <p>(B) Pulled Chicken (1) 11g*</p> <p>August 31, 2020</p>	<p>(A) Rosemary Chicken Thighs (0) 0g* Peas (1) 13g* Mashed Potato (1) 15g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g*</p> <p>(B) Baked Ham (0) 4g* 🐷</p> <p>September 1, 2020</p>	<p>(A) Asian Beef Meatballs (0) 3g</p> <p>Rice Noodle (1) 24g Green Beans (0) 5g* Orange Juice (1) 15g* 1% Milk (1) 12g* WW Bread (1) 14g</p> <p>(B) Korean BBQ Porkloin (0) 7g* 🐷</p> <p>9/7/20 meal delivered today</p> <p>September 2, 2020</p>	<p>(A) Ranch Chicken Breast (1) 6g Garden Vegetables (0) 5g* Baked Beans (2) 25g Seasonal Fruit (1) 15g* Biscuit (1) 15g 1% Milk (1) 12g*</p> <p>(B) BBQ Pork Riblet (0) 0g 🐷</p> <p>September 3, 2020</p>	<p>(A) Tuna & Noodle Casserole (2) 27g</p> <p>Peas and Carrots (1) 10g* Fruit Cup (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g*</p> <p>(B) Beef Goulash (2) 20g</p> <p>September 4, 2020</p>	<p>(A) Pulled Chicken (1) 11g*</p> <p>Baked Sweet Potato (1) 15g* Cauliflower (0) 4g* Fruit Cup (1) 15g* WW Bun (2) 24g 1% Milk (1) 12g*</p> <p>(B) Pulled Pork (1) 9g* 🐷</p> <p>September 5, 2020</p>	<p>(A) Baked Ham (0) 4g* 🐷 Peas (1) 13g* Mashed Potato (1) 15g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g*</p> <p>(B) Rosemary Chicken Thighs (0) 0g*</p> <p>September 6, 2020</p>
<p>Week of Sept 7th to Sept 13th</p> <p>Buffalo Chicken Sandwich w/Lettuce and Tomato (1) 21g WW Bun (2) 24g</p> <p>Cucumber Tomato Salad (0) 2g* Grapes (1) 18g* 1% Milk (1) 12g*</p>	<p>(A) BBQ Beef (1) 9g* Scalloped Potatoes (2) 26g Asparagus (0) 2g* Seasonal Fruit (1) 15g* WW Roll (1) 14g 1% Milk (1) 12g*</p> <p>(B) Potato Crusted Cod (1) 8g* <i>Happy Labor Day!</i> <i>Meal delivered Wed 9/2/20, frozen.</i></p> <p>September 7, 2020</p>	<p>(A) Meatloaf w/Tomato Sauce (1) 9g Green Beans (0) 5g* Mashed Potato (1) 15g* Fruit Cup (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g*</p> <p>(B) Lemon Pepper Chicken (0) 0g*</p> <p>September 8, 2020</p>	<p>(A) Roast Turkey Breast (0) 4g* Peas and Carrots (1) 10g* Baked Sweet Potato (1) 15g* Orange Juice (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g*</p> <p>(B) Baked Ham (0) 4g 🐷</p> <p>September 9, 2020</p>	<p>(A) Chicken Gumbo (1) 16g* 🐷 WW Roll (1) 14g Mixed Veggies (0) 5g* Seasonal Fruit (1) 15g* 1% Milk (1) 12g*</p> <p>(B) Baked Potato w/Broccoli and Cheese (2) 22g</p> <p>September 10, 2020</p>	<p>(A) Cheese Pizza (2) 23g</p> <p>Green Beans (0) 5g* Fruit Cup (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g*</p> <p>(B) Braised Cabbage & Sausage (2) 21g*</p> <p>September 11, 2020</p>	<p>(A) Potato Crusted Cod (1) 8g*</p> <p>Scalloped Potatoes (2) 26g Asparagus (0) 2g* Seasonal Fruit (1) 15g* WW Roll (1) 14g 1% Milk (1) 12g*</p> <p>(B) BBQ Beef (1) 9g*</p> <p>September 12, 2020</p>	<p>(A) Lemon Pepper Chicken (0) 0g* Green Beans (0) 5g* Mashed Potato (1) 15g* Fruit Cup (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g*</p> <p>(B) Meatloaf w/Tomato Sauce (1) 9g</p> <p>September 13, 2020</p>
<p>WEEK OF Sept 14th to Sept 20th</p> <p>Greek Salad (2) 22g* (Romaine, cucumber, olive, tomato, feta)</p> <p>WW Roll (1) 14g Fruit and Yogurt Parfait (2) 17g 1% Milk (1) 12g*</p>	<p>(A) Cabbage Roll (2) 21g*</p> <p>Peas (1) 13g Fruit Cup (1) 15g* WW Roll (1) 14g 1% Milk (1) 12g*</p> <p>(B) Macaroni and Cheese (1) 19g</p> <p>September 14, 2020</p>	<p>(A) BBQ Pulled Chicken (1) 11g* Green Beans (0) 5g* Potato Wedges (1) 15g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g*</p> <p>(B) Smoked Pulled Pork (0) 0g* 🐷</p> <p>September 15, 2020</p>	<p>(A) Cheesy Turkey, Bacon & Potatoes (2) 27g 🐷 Garden Vegetables (0) 5g Seasonal Fruit (1) 15g* Breadstick (1) 15g 1% Milk (1) 12g*</p> <p>(B) Stuffed Shells (2) 30g</p> <p>September 16, 2020</p>	<p>(A) Honey Mustard Chicken (0) 2g*</p> <p>Buttered Corn (1) 15g* Seasonal Fruit (1) 15g* Mini Hoagie (2) 24g 1% Milk (1) 12g*</p> <p>(B) Bratwurst (0) 4g 🐷</p> <p>September 17, 2020</p>	<p>(A) Vegetable Lasagna (2) 33g</p> <p>Broccoli Cuts (0) 5g* Fruit Cup (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g*</p> <p>(B) Chicken & Barley Casserole (2) 29g</p> <p>September 18, 2020</p>	<p>(A) Macaroni and Cheese (1) 19g Peas (1) 13g* Fruit Cup (1) 15g* WW Roll (1) 14g 1% Milk (1) 12g*</p> <p>(B) Cabbage Roll (2) 21g*</p> <p>September 19, 2020</p>	<p>(A) Smoked Pulled Pork (0) 0g* 🐷 Green Beans (0) 5g* Potato Wedges (1) 15g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g*</p> <p>(B) BBQ Pulled Chicken (1) 11g*</p> <p>September 20, 2020</p>
<p>WEEK OF Sept 28th to Oct 4th</p> <p>Antipasto Salad (1) 13g* 🐷 Breadstick (1) 14g</p> <p>Pudding Cup (2) 23g Seasonal Fresh Fruit (1) 15g* 1% Milk (1) 12g*</p>	<p>(A) Lemon Butter Cod (0) 0g*</p> <p>Garden Vegetables (0) 5g* Wild Rice (1) 15g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g*</p> <p>(B) Roast Porkloin (0) 0g* 🐷</p> <p>September 21, 2020</p>	<p>(A) Beef and Bean Chili (1) 16g</p> <p>Broccoli Cuts (0) 5g Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g*</p> <p>(B) Ratatouille (1) 14g*</p> <p>September 22, 2020</p>	<p>(A) Chop Steak (1) 15g</p> <p>Asparagus (0) 2g* Baked Sweet Potato (1) 15g* Fruit Cup (1) 15g* WW Roll (1) 14g 1% Milk (1) 12g*</p> <p>(B) Sauteed Ham, Bacon & Onion (0) 7g 🐷</p> <p>September 23, 2020</p>	<p>(A) Chicken Enchilada Bake (1) 18g</p> <p>Mexican Mixed Veggies (0) 5g Seasonal Fruit (1) 15g* Tortilla (1) 15g 1% Milk (1) 12g*</p> <p>(B) Beef & Bean Enchilada (2) 25g</p> <p>September 24, 2020</p>	<p>(A) Salmon w/Horseradish (0) 3g*</p> <p>Buttered Corn (1) 15g* Rice Pilaf (1) 15g Fruit Cup (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g*</p> <p>(B) Baked Chicken Thighs (0) 0g*</p> <p>September 25, 2020</p>	<p>(A) Roast Porkloin (0) 0g* 🐷 Garden Vegetables (0) 5g* Wild Rice (1) 15g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g*</p> <p>(B) Lemon Butter Cod (0) 0g*</p> <p>September 26, 2020</p>	<p>(A) Ratatouille (1) 14g*</p> <p>Broccoli Cuts (0) 5g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g*</p> <p>(B) Beef and Bean Chili (1) 16g</p> <p>September 27, 2020</p>
<p>WEEK OF Sept 21st to Sept 27</p> <p>Salmon Caesar Salad (1) 15g WW Roll (1) 14g</p> <p>Fruit Salad (1) 30g* 1% Milk (1) 12g*</p>	<p>(A) Pulled Smoked Turkey (0) 0g*</p> <p>Baked Sweet Potato (1) 15g* Cauliflower (0) 4g* Fruit Cup (1) 15g* WW Bun (2) 24g 1% Milk (1) 12g*</p> <p>(B) Sloppy Joe (1) 9g</p> <p>September 28, 2020</p>	<p>(A) Ham & Au gratin Potato (1) 18g 🐷 Buttered Corn (1) 15g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g*</p> <p>(B) Stuffed Peppers (1) 9g</p> <p>September 29, 2020</p>	<p>(A) Beef Steak w/Peppers & Onion Sandwich (0) 3g*</p> <p>Mini Hoagie Bun (2) 24g Potato Wedges (1) 15g* Seasonal Fruit (1) 15g* 1% Milk (1) 12g*</p> <p>(B) Italian Grinder w/Peppers & Onion Sandwich (0) 5g 🐷</p> <p>September 30, 2020</p>	<p>(A) BBQ Chicken Drumsticks (1) 4g*</p> <p>Garden Vegetables (0) 5g* Baked Beans (2) 25g Seasonal Fruit (1) 15g* Biscuit (1) 15g 1% Milk (1) 12g*</p> <p>(B) Pineapple Pork (1) 4g 🐷</p> <p>October 1, 2020</p>	<p>(A) Baked Ziti (2) 33g</p> <p>Steamed Spinach (0) 1g Fruit Cup (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g*</p> <p>(B) Supreme Pizza (2) 35g 🐷</p> <p>October 2, 2020</p>	<p>(A) Sloppy Joe (1) 9g</p> <p>Baked Sweet Potato (1) 15g* Cauliflower (0) 4g* Fruit Cup (1) 15g* WW Bun (2) 24g 1% Milk (1) 12g*</p> <p>(B) Pulled Smoked Turkey (0) 0g*</p> <p>October 3, 2020</p>	<p>(A) Stuffed Peppers (1) 9g</p> <p>Buttered Corn (1) 15g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g*</p> <p>(B) Ham & Au gratin Potato (1) 18g 🐷</p> <p>October 4, 2020</p>

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 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.