WesleyLife Meals on Wheels - December 2024

Please circle your choices and return by **November 13th** or as soon as possible. Mark an "X" over the day to CANCEL.

Write 'DELI" over the day to choose the deli option.

First and Last Name: _____

DELI MEALS		Monday		Tuesday	Wednesday	Thursday		Friday		Saturday		Sunday	
	СНО	(A) Hardaad Dark Laire	2 C			CHO (A) Het Here 9 Chasses	5 C		6 CHO		7		8 CHO
This Week's Deli Meal Chef Salad*		(A) Herbed Pork Loin w/Brown Gravy			24.9 (A) Creamy Paprika Chicken 4 Roasted Red Potatoes		29	9.5 (A) Shredded Pork Onion Gravy	0	(A) Baked Chicken Poultry Gravy		(A) Pesto Chicken Parslied Rotini	8.9 21.2
* I urkey, Ham, Egg, Cheddar		Buttered Rice	2	.4 Broccoli 2.7 Garlic Texas Toast	15.8 Green Peas	11.3 Sandwich 12.9 Mashed Potatoes	14	4.8 Mashed Potatoes		Buttered Rice		Broccoli	4
Cheese, Tomato, Mixed		Glazed Carrots		Cinnamon Applesauce	16.7 Whole Wheat Bread	12 Brown Gravy	1	.4 Green Beans		Glazed Carrots		Garlic Texas Toast	15.8
Greens and Carrots		Whole Wheat Bread		Milk	11.3 Orange Fruited Gelatin	27.9 Tossed Salad	1	.7 Whole Wheat Bread		Whole Wheat Bread		Cinnamon Applesauce	16.7
Pasta Salad		Fruit Cocktail	4	Margarine	0 Milk	11.3 Hot Pineapple Tidbits		5.9 Banana	27	Fruit Cocktail	17	Milk	11.3
Applesauce Milk	16.6	Margarine	1	1.3	Margarine	Margarine	1	1.3 Chocolate Milk0 Margarine		Milk Margarine		Margarine	U
Ranch Salad Dressing	2.5	iviaiganne				Salad Dressing	1	.7		iviaigaiiie			
		(B) Baked Chicken		0 (B) Pesto Chicken	8.9 (B) Salisbury Beef	5 (B) Meatball Soup	1 18	8.3		(B) Herbed Pork Loin	1.1	(R) Ground Reet	24.9
		Poultry Gravy	,	.4 Parslied Rotini	21.2 Brown Gravy	1.4 Whole Wheat Bread		(B) Liver & Onions		w/Brown Gravy		Stroganoff	
This Wook's Dali Mool	СНО	(A) Totar Tat Cassarala				CHO (A) Potato Crustod Pollo	12 C		13 CHO		4 CHO		15 CHO 26.4
This Week's Deli Meal Southwest Chicken Salad		(A) Tater Tot Casserole Seasoned Peas		4.1 (A) Cuban Pork 5.8 Flour Tortilla	5 (A) Baked Chicken Thigh 17.8 Teriyaki Sauce	0 (A) Potato Crusted Pollog 2.9 Tartar Sauce		17 (A) Beef Spaghetti 0.7 Tossed Salad		(A) Tuna Croquettes Tartar Sauce	0.7	(A) Chicken Enchiladas Flour Tortilla	17.8
*Chicken, Mixed Salad		Multi-Grain Bread		3.1 Spanish Rice	20.2 Broccoli	4.1 Oven Roasted Potatoes		13 Garlic Texas Toast		Seasoned Peas		Spanish Rice	20.2
Greens, Tomatoes, Corn,		Cinnamon Applesauce		14 Fiesta Vegetable Blend	9.6 Hot Dog Bun	30 Glazed Carrots		12 Hot Spiced Peaches	19.2	Multi-Grain Bread	13.1	Fiesta Vegetable Blend	9.6
Diadi Dagna Diganta Causa	40	Milk		6.7 Pineapple Tidbits	23.6 Strawberry Fruited Gelatin	27.9 Wheat Hamburger Bun		Chocolate Milk		Cinnamon Applesauce		Pineapple Tidbits	23.6
Wheat Roll Fresh Grapes	13 15.8	Margarine	1	1.3 Milk	11.3 Milk	11.3 Grapes		5.8 Salad Dressing 1.2 Margarine		Milk Margarine	16.7 11.3		11.3
Milk	11.3					Margarine	1	n.z iviarganne N	U	iviaigaiiie	11.3		
Ranch Salad Dressing	2.5												
		(B) Tuna Croquettes	3	5.8		(B) Bratwurst Patty		2					
		Tartar Sauce	40 0	(B) Chicken Enchiladas	26.4 (B) Meatball Sub Sandwich		40 0	1 (B) Chicken Alfredo				(B) Cuban Pork	5
This Week's Deli Meal	СНО	(A) Beef Taco	16 C	17 3.2 (A) Chicken Corn Chowder		CHO (A) Glazed Ham	19 C	B.5 (A) Potato Crusted Pollo	20 CHO	(A) Fajita Chicken	1 CHO	(A) Country Fried Steak	22 CHO 16.1
Asian Chicken Salad*		Mexican Rice		1.8 Mashed Potatoes	14.8 BBQ Sauce	12 Mashed Potatoes		4.8 Tartar Sauce		Mexican Rice		Country Gravy	2.5
*Chicken, Mixed Salad		Bush's Black Beans		Whole Wheat Bread	12 Green Beans	6.8 Green Peas		Baked Sweet Potato		Bush's Black Beans		Mashed Potatoes	14.8
Greens, Cucumbers,		Flour Tortilla		7.8 Chocolate Chip Cookie	25.9 Coleslaw	10 Whole Wheat Bread		12 Harvard Beets		Flour Tortilla		Whole Wheat Bread	12
Mandarin Oranges, Chow		Pineapple Tidbits		3.6 Milk	11.3 Hamburger Bun	21.6 Banana	4	Whole Wheat Bread		Pineapple Tidbits		Chocolate Chip Cookie	25.9
Wheat Roll	13	Taco Sauce		1.3 Margarine.8	0 Hot Spiced Pears	23.9 Milk 11.3 Margarine		1.3 Apple0 Chocolate Milk	17.5	Taco Sauce	11.3	Margarine	11.3
Pineapple Tidbits	30.6	Taco Sauce		.0	IVIIIK	11.5 Margarine		Margarine	0		1.0	iviaigailie	
Milk	11.3				(B) Hamburger	2							
		(D) - 114 - - 114 - 1		(B) Country Fried Steak	16.1 Lettuce/Tomato/Onion	2.8							
		(B) Fajita Chicken	22 C	.7 Country Gravy	2.5 Ketchup/Mustard	2.8 (B) Honey Mustard Chick		_ -		(B) Beef Taco		(B) Chicken Corn Chowd	
This Week's Deli Meal	СНО	(A) Chicken Cacciatore	23 C	3.3 (A) Swedish Meatballs	4 CHO 25 9.9 (A) Beef Enchilada Pie	CHO 22.7 (A) Homemade Meatloaf	26 C	7.5 (A) Chicken Tikka	27 CHO	(A) Beef Marinara Sauce	8 CHO 5 1	(A) Turkey A La King	29 CHO
Cranberry Chicken Salad		Penne Pasta		1.2 Mashed Potatoes	14.8 Whole Kernel Corn	21.3 Brown Gravy	9 1	.4 Buttered Rice		Penne Pasta		Mashed Potatoes	14.8
Tossed Salad		Green Beans		5.8 Brussels Sprouts	8.3 Tossed Salad	1.7 Baked Potato	2	1.3 Green Peas	13	Green Beans		Brussels Sprouts	8.3
_Wheat Roll		Whole Wheat Bread		Whole Wheat Bread	12 Whole Wheat Bread	12 Broccoli w/Cheese		Naan Dippers		Whole Wheat Bread		Whole Wheat Bread	12
Fresh Grapes		Chocolate Chip Cookie		5.9 Hot Pineapple Tidbits	25.9 Brownie	27.1 Whole Wheat Bread		Raspberry Fruited Gelatin		Chocolate Chip Cookie		Hot Pineapple Tidbits	25.9 11.3
Milk	11.3	Margarine	1	1.3 Milk 0 Margarine	11.3 Milk 0 Salad Dressing	11.3 Banana 1.7 Milk	1	27 Chocolate Milk	30.6	Margarine	11.3	Margarine	11.3
		Margarino		o iviai garii o	Margarine	0 Margarine	'	0		Margarino		Marino	
					Closed. Delivered Dec. 23rd	Sour Croam	1	.9					
						(D) Deceted Turkey	,	E					
		(B) Beef Marinara Sauce		5.1 (B) Turkey A La King	(B) Turkey Ham & Broccoli	28.9 (B) Roasted Turkey Poultry Gravy	′ 1 1	.5 .4 (B) Vegetable Bean Stew	3/1.5	(B) Chicken Cacciatore	3 3	(B) Swedish Meatballs	9.9
	СНО	(D) Deel Malillala Sauci	30 C		I CHO Casserole 1	CHO	2 C		3 CHO		4 CHO		5 CHO
This Week's Deli Meal		(A) Beef w/Mushroom		.5 (A) Broccoli Cheese Soup	14.9 (A) Pork Carnitas	0.9 (A) Hamburger		2 (A) Turkey Ham & White		(A) Garlic Roasted Chicken		(A) Shepherd's Pie	24.7
Krab Salad	20.4	Mashed Potatoes	1	4.8 Northern Beans	19.4 Cilantro Lime Rice	22.8 Lettuce/Tomato/Onion		2.8 Beans_	20	Mashed Potatoes	14.8	Whole Wheat Bread	12
Tossed Salad		Green Peas		2.9 Saltine Crackers	8.9 Flour Tortilla	9.6 Ketchup/Mustard		2.8 Green Beans		Green Peas		Peach Crisp	47.3
Wheat Crackers		Whole Wheat Bread Applesauce		12 Whole Wheat Bread 6.6 Peach Crisp	12 Orange Fruited Gelatin 47.3 Milk	17.8 Roasted Red Potatoes 27.9 Green Beans		1.3 Tossed Salad 5.8 Whole Wheat Bread		Whole Wheat Bread Applesauce	12	Milk Margarine	11.3
Cinnamon Applesauce Milk	11.3	· ·		1.3 Milk	11.3 Taco Sauce	11.3 Wheat Hamburger Bun		30 Banana	27.9	• •	11.3	iviaigaiiiic	U
Ranch Salad Dressing	_	Margarine	'	0 Margarine	0	1.8 Apple		Chocolate Milk		Margarine	0		
						Milk	1	1.3 Margarine	0			(B) Broccoli Cheese Sou	14.9
					Closed. Delivered Dec. 30th	Margarine		0 Salad Dressing	1.7			Northern Beans	19.4
		(B) Garlic Rosemary		.7 (B) Shepherd's Pie	24.7 (B) Chicken Taco	3.2 (B) BBQ Chicken		16 (B) Macaroni & Cheese	435	(B) Beef w/Mushroom Grav			8.9
		(_, _ aiii i i oooiiiai y	PL	EASE NOTE: To change your menu	option, cancel a meal, or are unable to be	e home for delivery, please call 515	<mark>-699-3</mark>	240 by 11:00 the prior business	day to avo	d a fee.	110		3.0
		Entree contains	s >700 mg So	dium	Eise C. Coupston, D.	Elise A. Compston, RD LD		CHO Denotes grams of Carbohy	drate	Denotes pork in recipe			

Route : _____