

# WesleyLife Meals on Wheels - December 2024

Route : \_\_\_\_\_

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
<b>This Week's Deli Meal</b> Chef Salad* *Turkey, Ham, Egg, Cheddar Cheese, Tomato, Mixed Greens and Carrots Pasta Salad Applesauce Milk Ranch Salad Dressing	<b>2 CHO</b> (A) Herbed Pork Loin w/Brown Gravy Buttered Rice Glazed Carrots Whole Wheat Bread Fruit Cocktail Milk Margarine (B) Baked Chicken Poultry Gravy	<b>3 CHO</b> (A) Ground Beef Stroganoff Broccoli Garlic Texas Toast Cinnamon Applesauce Milk Margarine (B) Pesto Chicken Parslied Rotini	<b>4 CHO</b> (A) Creamy Paprika Chicken Roasted Red Potatoes Green Peas Whole Wheat Bread Orange Fruited Gelatin Milk Margarine (B) Salisbury Beef Brown Gravy	<b>5 CHO</b> (A) Hot Ham & Cheese Sandwich Mashed Potatoes Brown Gravy Tossed Salad Hot Pineapple Tidbits Milk Margarine Salad Dressing (B) Meatball Soup Whole Wheat Bread	<b>6 CHO</b> (A) Shredded Pork Onion Gravy Mashed Potatoes Green Beans Whole Wheat Bread Banana Chocolate Milk Margarine (B) Liver & Onions	<b>7 CHO</b> (A) Baked Chicken Poultry Gravy Buttered Rice Glazed Carrots Whole Wheat Bread Fruit Cocktail Milk Margarine (B) Herbed Pork Loin w/Brown Gravy	<b>8 CHO</b> (A) Pesto Chicken Parslied Rotini Broccoli Garlic Texas Toast Cinnamon Applesauce Milk Margarine (B) Ground Beef Stroganoff
	<b>9 CHO</b> (A) Tater Tot Casserole Seasoned Peas Multi-Grain Bread Cinnamon Applesauce Milk Margarine (B) Tuna Croquettes Tartar Sauce	<b>10 CHO</b> (A) Cuban Pork Flour Tortilla Spanish Rice Fiesta Vegetable Blend Pineapple Tidbits Milk	<b>11 CHO</b> (A) Baked Chicken Thigh Teriyaki Sauce Broccoli Hot Dog Bun Strawberry Fruited Gelatin Milk	<b>12 CHO</b> (A) Potato Crusted Pollock Tartar Sauce Oven Roasted Potatoes Glazed Carrots Wheat Hamburger Bun Grapes Milk Margarine (B) Bratwurst Patty Lettuce & Tomato	<b>13 CHO</b> (A) Beef Spaghetti Tossed Salad Garlic Texas Toast Hot Spiced Peaches Chocolate Milk Salad Dressing Margarine (B) Chicken Alfredo	<b>14 CHO</b> (A) Tuna Croquettes Tartar Sauce Seasoned Peas Multi-Grain Bread Cinnamon Applesauce Milk Margarine (B) Tater Tot Casserole	<b>15 CHO</b> (A) Chicken Enchiladas Flour Tortilla Spanish Rice Fiesta Vegetable Blend Pineapple Tidbits Milk
<b>This Week's Deli Meal</b> Asian Chicken Salad* *Chicken, Mixed Salad Greens, Cucumbers, Mandarin Oranges, Chow Wheat Roll Pineapple Tidbits Milk	<b>16 CHO</b> (A) Beef Taco Mexican Rice Bush's Black Beans Flour Tortilla Pineapple Tidbits Milk Taco Sauce (B) Fajita Chicken	<b>17 CHO</b> (A) Chicken Corn Chowder Mashed Potatoes Whole Wheat Bread Chocolate Chip Cookie Milk Margarine (B) Country Fried Steak Country Gravy	<b>18 CHO</b> (A) Shredded Pork BBQ Sauce Green Beans Coleslaw Hamburger Bun Hot Spiced Pears Milk (B) Hamburger Lettuce/Tomato/Onion Ketchup/Mustard	<b>19 CHO</b> (A) Glazed Ham Mashed Potatoes Green Peas Whole Wheat Bread Banana Milk Margarine (B) Honey Mustard Chicken	<b>20 CHO</b> (A) Potato Crusted Pollock Tartar Sauce Baked Sweet Potato Harvard Beets Whole Wheat Bread Apple Chocolate Milk Margarine (B) Apple Glazed Pork	<b>21 CHO</b> (A) Fajita Chicken Mexican Rice Bush's Black Beans Flour Tortilla Pineapple Tidbits Milk Taco Sauce (B) Beef Taco	<b>22 CHO</b> (A) Country Fried Steak Country Gravy Mashed Potatoes Whole Wheat Bread Chocolate Chip Cookie Milk Margarine (B) Chicken Corn Chowder
	<b>23 CHO</b> (A) Chicken Cacciatore Penne Pasta Green Beans Whole Wheat Bread Chocolate Chip Cookie Milk Margarine (B) Beef Marinara Sauce	<b>24 CHO</b> (A) Swedish Meatballs Mashed Potatoes Brussels Sprouts Whole Wheat Bread Hot Pineapple Tidbits Milk Margarine (B) Turkey A La King	<b>25 CHO</b> (A) Beef Enchilada Pie Whole Kernel Corn Tossed Salad Whole Wheat Bread Brownie Milk Salad Dressing Margarine Closed. Delivered Dec. 23rd (B) Turkey Ham & Broccoli Casserole	<b>26 CHO</b> (A) Homemade Meatloaf Brown Gravy Baked Potato Broccoli w/Cheese Whole Wheat Bread Banana Milk Margarine Sour Cream (B) Roasted Turkey Poultry Gravy	<b>27 CHO</b> (A) Chicken Tikka Buttered Rice Green Peas Naan Dippers Raspberry Fruited Gelatin Chocolate Milk (B) Vegetable Bean Stew	<b>28 CHO</b> (A) Beef Marinara Sauce Penne Pasta Green Beans Whole Wheat Bread Chocolate Chip Cookie Milk Margarine (B) Chicken Cacciatore	<b>29 CHO</b> (A) Turkey A La King Mashed Potatoes Brussels Sprouts Whole Wheat Bread Hot Pineapple Tidbits Milk Margarine (B) Swedish Meatballs
<b>This Week's Deli Meal</b> Krab Salad Tossed Salad Wheat Crackers Cinnamon Applesauce Milk Ranch Salad Dressing	<b>30 CHO</b> (A) Beef w/Mushroom Mashed Potatoes Green Peas Whole Wheat Bread Applesauce Milk Margarine (B) Garlic Rosemary	<b>31 CHO</b> (A) Broccoli Cheese Soup Northern Beans Saltine Crackers Whole Wheat Bread Peach Crisp Milk Margarine (B) Shepherd's Pie	<b>1 CHO</b> (A) Pork Carnitas Cilantro Lime Rice Flour Tortilla Orange Fruited Gelatin Milk Taco Sauce Closed. Delivered Dec. 30th (B) Chicken Taco	<b>2 CHO</b> (A) Hamburger Lettuce/Tomato/Onion Ketchup/Mustard Roasted Red Potatoes Green Beans Wheat Hamburger Bun Apple Milk Margarine (B) BBQ Chicken	<b>3 CHO</b> (A) Turkey Ham & White Beans Green Beans Tossed Salad Whole Wheat Bread Banana Chocolate Milk Margarine Salad Dressing (B) Macaroni & Cheese	<b>4 CHO</b> (A) Garlic Roasted Chicken Mashed Potatoes Green Peas Whole Wheat Bread Applesauce Milk Margarine (B) Beef w/Mushroom Gravy	<b>5 CHO</b> (A) Shepherd's Pie Whole Wheat Bread Peach Crisp Milk Margarine (B) Broccoli Cheese Soup Northern Beans Saltine Crackers

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.



Entree contains >700 mg Sodium

Elise C. Compton, RD, LD

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CHO Denotes grams of Carbohydrate

Denotes pork in recipe