

WesleyLife Meals on Wheels - August 2024

Route : _____

Menu Instructions: Please circle your choices and return by 7/8/24 or as soon as possible. Mark an "X" over the day to CANCEL.

First and Last Name: _____

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

DELI MEALS		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
<i>This Week's Deli Meal</i> Egg Salad Lettuce & Tomato Carrot Raisin Salad Multi-Grain Bread Fresh Seasonal Fruit Fudge Round Cookie Milk	CHO 7.5 2.1 14.7 28 17.3 23 11.3														
<i>This Week's Deli Meal</i> Chef Salad* <i>*Turkey, Ham, Egg, Cheddar Cheese, Tomato, Mixed Greens, and Carrots</i> Croutons Pasta Salad Fresh Seasonal Fruit Brownie Milk Ranch Salad Dressing	CHO 5.6 5.1 22 17.3 27.1 11.3 2.5	(A) Baked Chicken Patty w/Tomato Basil Rotini Noodles Brussels Sprouts Garlic Breadstick Fresh Seasonal Fruit Milk Margarine	5 CHO 3 3.8 21.2 8.3 15 18.4 11.3 0	(A) Swedish Meatballs Egg Noodles Garden Vegetable Blend Whole Wheat Bread Apple Crisp Milk Margarine	6 CHO 9.9 20.2 11.6 12 46 11.3 0	(A) BBQ Rib Patty Baked Beans California Vegetable Blend Hamburger Bun Fresh Seasonal Fruit Milk	7 CHO 15.1 31.5 5.8 21.6 18.6 11.3	(A) Sloppy Joe Roasted Red Potatoes Whole Kernel Corn Wheat Hamburger Bun Pineapple Tidbits Milk Tartar Sauce	8 CHO 6.8 11.3 21.3 30 23.6 11.3 0.7	(A) Lemon Pepper Chicken Buttermilk Mashed Potatoes Broccoli Whole Wheat Bread Fresh Seasonal Fruit Chocolate Milk Margarine	9 CHO 3.2 13.8 4 12 18.6 30.6 0	(A) Beef Taco Spanish Rice Fiesta Vegetables Flour Tortilla Fruit Milk Taco Sauce	3 CHO 3.2 19.3 10.4 17.8 18.6 11.3 1.8	(A) Salisbury Beef w/Gravy Baby Red Potatoes Green Peas Multi-Grain Bread Fruit Milk Margarine	4 CHO 8.9 13.6 13 14 18.6 11.3 0
<i>This Week's Deli Meal</i> Chicken Caesar Salad* <i>*Chicken, Mixed Salad Greens, Parmesan</i> Croutons Fresh Seasonal Fruit Oatmeal Creme Pie Milk Caesar Dressing	CHO 8.8 5.1 17.3 21.1 11.3 1	(A) Sausage Patty (2) Hashbrown Casserole Cinnamon Roll Fresh Seasonal Fruit Chocolate Milk Margarine	12 CHO 0.8 18.7 18 18.6 30.6 0	(A) Baked Chicken Breast Apple Cider Demi Glace Baked Potato Mixed Vegetable Blend Multi-Grain Bread Fig Bar Milk Margarine Sour Cream	13 CHO 0 3.9 21.3 13.4 12.3 30.1 11.3 0 0	(A) Goulash Glazed Carrots Green Beans Garlic Texas Bread Fresh Seasonal Fruit Milk Margarine	14 CHO 42.1 12 7 15.8 18.6 11.3 0	(A) Herbed Pork Loin Brown Gravy Mashed Potatoes Brussels Sprouts Multi-Grain Bread Applesauce Milk Margarine	15 CHO 1.1 1.4 14.8 8.3 14 16.6 11.3 0	(A) Hamburger Stew Whole Kernel Corn Tossed Salad Wheat Roll Oreo Brownie Milk Margarine Salad Dressing	16 CHO 13 21.3 1.7 13 27.7 11.3 0 1.7	(A) Chili Hashbrown Casserole Cinnamon Roll Fruit Chocolate Milk Margarine	17 CHO 8.5 18.7 18 18.6 30.6 0	(A) Country Fried Steak w/Country Gravy Baked Potato Mixed Vegetable Blend Multi-Grain Bread Fig Bar Milk Margarine Sour Cream	18 CHO 16.1 2.5 21.3 13.4 12.3 30.1 11.3 0 0 0
<i>This Week's Deli Meal</i> Honey Mustard Chicken Salad Corn Salad Wheat Bread Fresh Seasonal Fruit Rice Krispie Treat Milk	CHO 19.3 24.5 24 17.3 17.7 11.3	(A) Potato Crusted Tartar Sauce Macaroni & Cheese Lima Beans Whole Wheat Bread Fresh Seasonal Fruit Milk Margarine	19 CHO 15 0.7 21.3 16.2 12 18.6 11.3 0	(A) Pineapple Glazed Ham Mashed Potatoes Garden Vegetable Blend Wheat Roll Carnival Cookie Milk Margarine	20 CHO 3.5 14.8 11.6 13 23.8 11.3 0 10.9	(A) Beef Patty Ketchup & Mustard Lettuce, Tomato, & Onion Boiled Baby Yellow Potatoes Baked Beans Hamburger Bun Fresh Seasonal Fruit Milk	21 CHO 2 2.8 4.5 16.6 31.5 21.6 18.6 11.3	(A) Turkey Poultry Gravy Mashed Red Potatoes Glazed Carrots White Bread Pineapple Tidbits Milk Margarine	22 CHO 1.5 1.4 19.7 12 13.8 23.6 11.3 0	(A) Spaghetti Casserole Green Beans Tossed Salad Dinner Roll Strawberry Cake Chocolate Milk Salad Dressing	23 CHO 20.1 6.8 1.7 14.8 31.6 30.6 1.7	(A) Popcorn Chicken Macaroni & Cheese Lima Beans Whole Wheat Bread Fruit Milk Margarine	24 CHO 14 21.3 16.2 12 18.6 11.3 0	(A) Meatballs w/Mushroom Gravy Mashed Potatoes Garden Vegetable Blend Wheat Roll Carnival Cookie Milk Margarine	25 CHO 10.9 14.8 11.6 13 23.8 11.3 0
<i>This Week's Deli Meal</i> Turkey & Swiss Cheese Lettuce & Tomato Coleslaw Multi-Grain Bread Fresh Seasonal Fruit Fudge Round Cookie Milk Mustard/Mayonnaise	CHO 1.5 1 10.1 28 17.3 23 11.3 0.3	(A) Chicken Taco Lettuce & Tomato Pinto Beans Whole Kernel Corn Flour Tortilla Rice Krispie Treat Milk Taco Sauce	26 CHO 3.2 1 28.3 21.3 17.8 17.7 11.3 1.8	(A) Tuna Noodle Green Beans Garlic Texas Bread Fruit Cocktail Cake Milk Margarine	27 CHO 21.5 7 15.8 32.8 11.3 0	(A) BBQ Chicken Oven Roasted Potatoes Sliced Carrots Hot Dog Bun Fresh Seasonal Fruit Milk	28 CHO 16 13 7.5 26 18.6 11.3	(A) Meatloaf Brown Gravy Mashed Potatoes Green Peas Multi-Grain Bread Fresh Seasonal Fruit Milk Margarine	29 CHO 17.5 1.4 14.8 13 14 18.6 11.3 0	(A) Lemon Pepper Chicken Quinoa Pepper Salad Broccoli Multi-Grain Bread Carrot Raisin Cake Chocolate Milk Margarine	30 CHO 4.1 4.1 17.8 17.7 11.3 1.8	(A) Beef Taco Lettuce & Tomato Pinto Beans Whole Kernel Corn Flour Tortilla Rice Krispie Treat Milk Taco Sauce	31 CHO 3.2 1 28.3 21.3 17.8 17.7 11.3 1.8	(B) Scalloped Potatoes & Turkey Ham	9.6
<i>This Week's Deli Meal</i> Turkey & Swiss Cheese Lettuce & Tomato Coleslaw Multi-Grain Bread Fresh Seasonal Fruit Fudge Round Cookie Milk Mustard/Mayonnaise	CHO 1.5 1 10.1 28 17.3 23 11.3 0.3	(B) Popcorn Chicken	14	(B) Meatballs w/Mushroom Gravy	10.9	(B) Pulled BBQ Pork	22	(B) 10 Grain Pollock Tartar Sauce	21 0.7	(B) Marinara Chicken	30	(B) Potato Crusted Tartar Sauce	15 0.7	(B) Pineapple Glazed Ham	35.5
<i>This Week's Deli Meal</i> Turkey & Swiss Cheese Lettuce & Tomato Coleslaw Multi-Grain Bread Fresh Seasonal Fruit Fudge Round Cookie Milk Mustard/Mayonnaise	CHO 1.5 1 10.1 28 17.3 23 11.3 0.3	(A) Chicken Taco	3.2	(A) Tuna Noodle	21.5	(A) BBQ Chicken	16	(A) Meatloaf Brown Gravy Mashed Potatoes Green Peas Multi-Grain Bread Fresh Seasonal Fruit Milk Margarine	17.5 1.4 14.8 13 14 18.6 11.3 0	(A) Lemon Pepper Chicken Quinoa Pepper Salad Broccoli Multi-Grain Bread Carrot Raisin Cake Chocolate Milk Margarine	4.1 4.1 17.8 17.7 11.3 1.8	(A) Beef Taco Lettuce & Tomato Pinto Beans Whole Kernel Corn Flour Tortilla Rice Krispie Treat Milk Taco Sauce	3.2 1 28.3 21.3 17.8 17.7 11.3 1.8	(B) Scalloped Potatoes & Turkey Ham	9.6

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

CHO Denotes grams of Carbohydrate

DK denotes pork in recipe