

WesleyLife Meals on Wheels - July 2024

Route : _____

Circle your choices and return by 6/14/24 or as soon as possible. Mark an "X" on the circle.

First and Last Name: _____

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

DELI MEALS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
DELI MEALS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CHO	1 CHO	2 CHO	3 CHO	4 CHO	5 CHO	6 CHO	7 CHO
<u>This Week's Deli Meal</u> Turkey & Swiss Cheese Lettuce & Tomato Coleslaw Multi-Grain Bread Fresh Seasonal Fruit Fudge Round Cookie Milk Mustard/Mayonnaise	(A) Beef Patty w/ Country Gravy Boiled Baby Red Potatoes Brussels Sprouts Multi-Grain Bread Fig Bar Milk Margarine (B) Baked Chicken w/Apple Cider Demi	(A) Baked Chicken Patty Supreme Sauce Glazed Carrots Green Beans Garlic Texas Bread Fresh Seasonal Fruit Milk (B) Goulash	(A) Salisbury Beef Brown Gravy Cheesy Whipped Potatoes Tossed Salad Whole Wheat Bread Fresh Seasonal Fruit Milk Margarine Salad Dressing (B) Herbed Pork Loin	(A) Pulled BBQ Pork Scalloped Potatoes Whole Kernel Corn Hamburger Bun Applesauce Milk Closed. Delivered on July 1st (B) Breaded Fish Tartar Sauce	(A) Sliced Turkey Breast Swiss Cheese Mustard & Mayonnaise Lettuce & Tomato Broccoli w/Cheese Whole Wheat Bread (2) Mixed Fruit Crisp Milk (B) Chicken Salad	(A) Baked Chicken w/ Apple Cider Demi Glace Boiled Baby Red Potatoes Brussels Sprouts Multi-Grain Bread Fig Bar Milk Margarine (B) Beef Patty w/Country Gravy	(A) Goulash Glazed Carrots Green Beans Garlic Texas Bread Fruit Milk (B) Baked Chicken Patty Supreme Sauce
CHO	8 CHO	9 CHO	10 CHO	11 CHO	12 CHO	13 CHO	14 CHO
<u>This Week's Deli Meal</u> Berry Almond Chicken Salad <i>*Chicken, Mixed Salad Greens, Sliced Almonds, Dried Cranberries, Strawberries</i> Wheat Crackers Fresh Seasonal Fruit Oatmeal Creme Pie Milk Balsamic Dressing	(A) Beef & Bow Tie Casserole Broccoli Multi-Grain Bread Fresh Seasonal Fruit Milk Margarine (B) Baked Chicken w/Tomato Basil Sauce Buttered Egg Noodles	(A) Shredded Pork BBQ Sauce Scalloped Potatoes Baked Beans Hamburger Bun Strawberry Cake Milk (B) Beef Patty Ketchup & Mustard Lettuce, Tomato, Onion	(A) Parmesan Chicken Green Beans Tossed Salad Garlic Breadstick Rice Krispie Treat Milk Salad Dressing (B) Spaghetti Casserole	(A) Turkey Poultry Gravy Mashed Potatoes California Vegetable Blend Multi-Grain Bread Tropical Fruit Milk Margarine (B) Potato Crusted Pollock Tartar Sauce	(A) Popcorn Chicken Honey Mustard Sauce Macaroni & Cheese Green Peas Whole Wheat Bread Chocolate Chip Cookie Chocolate Milk Margarine (B) Pineapple Glazed Ham	(A) Baked Chicken w/ Tomato Basil Sauce Buttered Egg Noodles Broccoli Multi-Grain Bread Fruit Milk Margarine (B) Beef & Bow Tie Casserole	(A) Beef Patty Ketchup & Mustard Lettuce, Tomato, Onion Scalloped Potatoes Baked Beans Hamburger Bun Strawberry Cake Milk (B) Shredded Pork BBQ Sauce
CHO	15 CHO	16 CHO	17 CHO	18 CHO	19 CHO	20 CHO	21 CHO
<u>This Week's Deli Meal</u> Krab Salad Corn Salad Wheat Crackers Fresh Seasonal Fruit Rice Krispie Treat Milk	(A) BBQ Rib Patty Boiled Baby Yellow Potatoes Sliced Carrots Hot Dog Bun Fresh Seasonal Fruit Milk (B) BBQ Chicken	(A) Baked Chicken Breast Poultry Gravy Mashed Potatoes Garden Vegetable Blend Wheat Roll Fresh Seasonal Fruit Milk Margarine (B) Country Fried Steak w/Country Gravy	(A) Beef Taco Shredded Cheese Lettuce & Tomato Pinto Beans Mexican Corn Flour Tortilla Rice Krispie Treat Milk Taco Sauce (B) Fajita Chicken	(A) Scalloped Potatoes & Turkey Ham Broccoli Garlic Texas Bread Fresh Seasonal Fruit Milk Margarine (B) Tuna Noodle Au Gratin	(A) Baked Chicken Breast Dijonnaise Sauce Buttermilk Mashed Potatoes Tossed Salad Whole Wheat Bread Fresh Seasonal Fruit Chocolate Milk Margarine Salad Dressing (B) Liver & Onions	(A) BBQ Chicken Boiled Baby Yellow Potatoes Sliced Carrots Hot Dog Bun Fruit Milk (B) BBQ Rib Patty	(A) Country Fried Steak w/Country Gravy Mashed Potatoes Garden Vegetable Blend Wheat Roll Fruit Milk Margarine (B) Baked Chicken Breast Poultry Gravy
CHO	22 CHO	23 CHO	24 CHO	25 CHO	26 CHO	27 CHO	28 CHO
<u>This Week's Deli Meal</u> 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	(A) All Beef Hot Dog Ketchup Mustard Potatoes Whole Kernel Corn Hot Dog Bun Fresh Seasonal Fruit Milk (B) Philly Chicken	(A) Beef w/Mushroom Gravy Rice Stewed Tomatoes Multi-Grain Bread Applesauce Milk Margarine (B) Potato Crusted Pollock	(A) BBQ Chicken Scalloped Potatoes Green Peas Wheat Hamburger Bun Lime Fruited Gelatin Milk (B) Sloppy Joe	(A) Beef Meatloaf Brown Gravy Mashed Potatoes Broccoli w/Cheese Dinner Roll Pineapple Tidbits Milk Margarine (B) Turkey Poultry Gravy	(A) Turkey Ham & Pinto Beans Cabbage Cornbread Hot Spiced Apples Chocolate Milk Margarine (B) Swedish Meatballs	(A) Philly Chicken Potatoes Whole Kernel Corn Hot Dog Bun Fruit Milk (B) All Beef Hot Dog Ketchup Mustard	(A) Potato Crusted Pollock Rice Stewed Tomatoes Multi-Grain Bread Applesauce Milk Margarine (B) Beef w/Mushroom Gravy
CHO	29 CHO	30 CHO	31 CHO	CHO	CHO	CHO	CHO
<u>This Week's Deli Meal</u> Egg Salad Lettuce & Tomato Carrot Raisin Salad Multi-Grain Bread Fresh Seasonal Fruit Fudge Round Cookie Milk	(A) Fajita Chicken Spanish Rice Fiesta Vegetables Flour Tortilla Fresh Seasonal Fruit Milk Taco Sauce (B) Beef Taco	(A) Glazed Ham Baby Red Potatoes Green Peas Multi-Grain Bread Fresh Seasonal Fruit Milk Margarine (B) Salisbury Beef w/Gravy	(A) Beef Hamburger Ketchup & Mustard Lettuce, Tomato, & Onion Baked Beans California Vegetable Blend Hamburger Bun Brownie Milk (B) BBQ Chicken				

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

Denotes pork in recipe