WesleyLife Meals on Wheels - July 2024

Route: ______ se circle your choices and return by _6/14/24___ or as soon as possible. Mark an "X" or

First and Last Name:

									Write 'DELI" over the day to choose the deli option.						
DELI MEALS		Monday		Tuesday		Wednesday		Thursday	,	Friday		Saturday		Sunday	
	СНО		I СНО		2 CHO		з сно		4 CHO		5 СНО		6 СНО		7 CHO
This Week's Deli Meal		(A) Beef Patty w/		(A) Baked Chicken Patty	2 0110	(A) Salisbury Beef	5 5 5	(A) Pulled BBQ Pork		(A) Sliced Turkey Breast		(A) Baked Chicken w/		(A) Goulash	42.1
Turkey & Swiss Cheese	15	Country Gravy		Supreme Sauce	28	Brown Gravy	11/1	Scalloped Potatoes	11 11 9	Swiss Cheese		Apple Cider Demi Glace		Glazed Carrots	12
Lettuce & Tomato		Boiled Baby Red Potatoes		Glazed Carrots		Cheesy Whipped Potatoes		Whole Kernel Corn		Mustard & Mayonnaise		Boiled Baby Red Potatoes		Green Beans	7
		,			7	''					0.3	•			15.0
Coleslaw Mariti Consider Date and		Brussels Sprouts		Green Beans	1 1 0	Tossed Salad		Hamburger Bun		Lettuce & Tomato		Brussels Sprouts		Garlic Texas Bread	15.8
Multi-Grain Bread		Multi-Grain Bread		Garlic Texas Bread		Whole Wheat Bread		Applesauce		Broccoli w/Cheese		Multi-Grain Bread		Fruit	18.6
Fresh Seasonal Fruit		Fig Bar		Fresh Seasonal Fruit		Fresh Seasonal Fruit	18.6			Whole Wheat Bread (2)		Fig Bar	30.1		11.3
Fudge Round Cookie		Milk	11.3	Milk	11.3	Milk	11.3	Closed. Delivered on July	y 1st	Mixed Fruit Crisp		Milk	11.3		
Milk	11.3	Margarine	0			Margarine	0			Milk	11.3	Margarine	0		
Mustard/Mayonnaise	0.3	(B) Baked Chicken	3			Salad Dressing		(B) Breaded Fish	15			(B) Beef Patty w/Country		(B) Baked Chicken Patty	3
		w/Apple Cider Demi	3.9	(B) Goulash	42.1	(B) Herbed Pork Loin	1.1	Tartar Sauce		(B) Chicken Salad	4.7	Gravy	2.2	Supreme Sauce #	2.8
	СНО		3 CHO		9 CHO	10	CHO		11 CHO	12	CHO	1:	3 CHO	1	14 CHO
This Week's Deli Meal		(A) Beef & Bow Tie	21.6	(A) Shredded Pork	0	(A) Parmesan Chicken	17.7	(A) Turkey	1.5	(A) Popcorn Chicken	14	(A) Baked Chicken w/	0	(A) Beef Patty	2
Berry Almond Chicken Salad	15.7	Casserole		BBQ Sauce	11.6	Green Beans	6.8	Poultry Gravy		Honey Mustard Sauce	8.5	Tomato Basil Sauce	3.8	Ketchup & Mustard	2.8
*Chicken, Mixed Salad Greens,		Broccoli	4.1	Scalloped Potatoes		Tossed Salad		Mashed Potatoes		Macaroni & Cheese		Buttered Egg Noodles		Lettuce, Tomato, Onion	4.5
Sliced Almonds, Dried		Multi-Grain Bread		Baked Beans		Garlic Breadstick		California Vegetable Blei		Green Peas		Broccoli		Scalloped Potatoes	16
Cranberries, Strawberries		Fresh Seasonal Fruit		Hamburger Bun		Rice Krispie Treat		Multi-Grain Bread		Whole Wheat Bread		Multi-Grain Bread		Baked Beans	31.5
Wheat Crackers	7.7	Milk		Strawberry Cake		Milk		Tropical Fruit		Chocolate Chip Cookie		Fruit		Hamburger Bun	21.6
Fresh Seasonal Fruit		Margarine	11.3	Milk		Salad Dressing		Milk		Chocolate Milk		Milk		Strawberry Cake	31.6
Oatmeal Creme Pie		(B) Baked Chicken		(B) Beef Patty	11.3 ဂ	Jaiau Diessilig	1./				00.0			Milk	11.3
		\	20	\	2			Margarine	1.5	Margarine		Margarine			11.3
Milk		w/Tomato Basil Sauce		Ketchup & Mustard	2.8	(D) 0 1 (C) 0		(B) Potato Crusted	15			(B) Beef & Bow Tie	21.0	(B) Shredded Pork	0
Balsamic Dressing		Buttered Egg Noodles		Lettuce, Tomato, Onion		(B) Spaghetti Casserole	-	Pollock Tartar Sauce		(B) Pineapple Glazed Ham	3.5	Casserole	2 2112	BBQ Sauce	11.6
	СНО	/	CHO		16 CHO		7 CHO		18 CHO		CHO		CHO		21 CHO
This Week's Deli Meal		(A) BBQ Rib Patty		(A)Baked Chicken Breast		(A) Beef Taco		(A) Scalloped Potatoes		(A) Baked Chicken	0	(A) BBQ Chicken		(A) Country Fried Steak	16.1
		Boiled Baby Yellow Potatoes		Poultry Gravy		Shredded Cheese	0.4	& Turkey Ham		Breast Dijonnaise Sauce		Boiled Baby Yellow Potatoes		w/Country Gravy	2.5
Corn Salad	24.5	Sliced Carrots	7.5	Mashed Potatoes	14.8	Lettuce & Tomato	1	Broccoli	4.1	Buttermilk Mashed Potatoes	13.8	Sliced Carrots	7.5	Mashed Potatoes	14.8
Wheat Crackers	7.7	Hot Dog Bun	26	Garden Vegetable Blend	11.6	Pinto Beans	28.3	Garlic Texas Bread	15.8	Tossed Salad	1.7	Hot Dog Bun	26	Garden Vegetable Blend	11.6
Fresh Seasonal Fruit	17.3	Fresh Seasonal Fruit	18.4	Wheat Roll	13	Mexican Corn	21.9	Fresh Seasonal Fruit	18.6	Whole Wheat Bread	12	Fruit	18.4	Wheat Roll	13
Rice Krispie Treat	17.7	Milk	11.3	Fresh Seasonal Fruit	18.6	Flour Tortilla	17.8	Milk	11.3	Fresh Seasonal Fruit	18.6	Milk	11.3	Fruit	18.6
Milk	11.3			Milk	11.3	Rice Krispie Treat	17.7	Margarine	0	Chocolate Milk	30.6			Milk	11.3
				Margarine	0	Milk	11.3			Margarine	0			Margarine	0
				(B) Country Fried Steak	16.1	Taco Sauce	1.8			Salad Dressing	1.7			(B) Baked Chicken Breast	it 1
		(B) BBQ Chicken	16	w/Country Gravy		(B) Fajita Chicken	17	(B) Tuna Noodle Au Gr		(B) Liver & Onions	9.5	(B) BBQ Rib Patty	5.1	Poultry Gravy	14
	СНО	1 / /	2 CHO		23 CHO	\	4 CHO	\	25 CHO	1 /	CHO		7 CHO		28 CHO
This Week's Deli Meal		(A) All Beef Hot Dog	3	(A) Beef w/Mushroom		(A) BBQ Chicken		(A) Beef Meatloaf		(A) Turkey Ham &		(A) Philly Chicken	1.5	(A) Potato Crusted	15
Chef Salad*	5.6	Ketchup	2.5	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \		Scalloped Potatoes		` '		Pinto Beans	20.5		27.3		22.7
	3.0	· ·		Gravy		'		Brown Gravy			6	Potatoes Whole Kernel Corn			
*Turkey, Ham, Egg,		Mustard		Rice Staved Tarretons		Green Peas		Mashed Potatoes		Cabbage	0	Whole Kernel Corn		Rice Staward Tarrateses	7.9
Cheddar Cheese, Tomato,		Potatoes		Stewed Tomatoes		Wheat Hamburger Bun		Broccoli w/Cheese		Cornbread		Hot Dog Bun		Stewed Tomatoes	14
Mixed Greens, and Carrots	_	Whole Kernel Corn		Multi-Grain Bread		Lime Fruited Gelatin		Dinner Roll		Hot Spiced Apples		Fruit		Multi-Grain Bread	16.6
Croutons		Hot Dog Bun		Applesauce	11.3	Milk	11.3	Pineapple Tidbits		Chocolate Milk	30.6	Milk	11.3	Applesauce	11.3
Pasta Salad		Fresh Seasonal Fruit		Milk	0			Milk	11.3	Margarine	0			Milk	0
Fresh Seasonal Fruit	17.3	Milk	11.3	Margarine				Margarine	0					Margarine	
Brownie	27.1											(B) All Beef Hot Dog	3		
Milk	11.3			(B) Potato Crusted				(B) Turkey	1.5			Ketchup 🌓	2.5	(B) Beef	
Ranch Salad Dressing	2.5	(B) Philly Chicken	1.5	Pollock	15	(B) Sloppy Joe		Poultry Gravy	2.9	(B) Swedish Meatballs	9.9	Mustard	0.3	w/Mushroom Gravy	4.5
	СНО	, ,	CHO		30 CHO		1 CHO	 							
This Week's Deli Meal		(A) Fajita Chicken		(A) Glazed Ham 🦬 🥻		(A) Beef Hamburger	2								
Egg Salad	7.5	Spanish Rice		Baby Red Potatoes		Ketchup & Mustard	28								
Lettuce & Tomato		Fiesta Vegetables		Green Peas		Lettuce, Tomato, & Onion	25								
		Flour Tortilla		Multi-Grain Bread		Baked Beans	31.5								
Multi-Grain Bread							7								
		Fresh Seasonal Fruit		Fresh Seasonal Fruit		California Vegetable Blend	04.0								
Fresh Seasonal Fruit	17.3			Milk		Hamburger Bun	21.6								
Fudge Round Cookie		Taco Sauce	1.8	Margarine	0	Brownie	27.1								
Milk	11.3					IVIIIK	11.3								
				(B) Salisbury Beef		(D) DD C C: -									
		(B) Beef Taco	3.2	w/Gravy	8.9	(B) BBQ Chicken	16								
		DIEASE	NOT	E: To change your many onti	on cano	al a moal, or are unable to be	homo f	or delivery please call 51	5 600 3240	by 11:00 the prior business d	av to a	avoid a fee			

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

Elise A. Compston, RD, LD