

WesleyLife Meals on Wheels - November 2024

Menu Instructions: Please circle your choices and return by 10/11/24 or as soon as possible. Mark an "X" over the day to CANCEL.

First and Last Name: _____

DELI MEALS		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday				
<u>This Week's Deli Meal</u> Asian Chicken Salad* *Chicken, Mixed Salad Greens, Cucumbers, Mandarin Oranges, Chow Mein Noodles, and Sesame Wheat Crackers Pineapple Tidbits Milk	CHO									1	CHO							
	7.3									(A) Shredded Pork Onion Gravy Mashed Potatoes Brussels Sprouts Whole Wheat Bread Banana Chocolate Milk Margarine	0 2 14.8 8.3 12 27 30.6 0	2	CHO	(A) Hot Ham & Cheese Sandwich Cheesy Whipped Potatoes Hot Pineapple Tidbits Milk Margarine	29.5 21.9 25.9 11.3 0	3	CHO	(A) Ground Beef Stroganoff Green Peas Garlic Texas Toast Brownie Milk Margarine
<u>This Week's Deli Meal</u> Southwest Chicken Salad *Chicken, Mixed Salad Greens, Tomatoes, Corn, Black Beans, Picante Sauce Wheat Roll Fresh Grapes Milk Ranch Salad Dressing	CHO	4	CHO	5	CHO	6	CHO	7	CHO	8	CHO	9	CHO	10	CHO			
	12	(A) Bratwurst Patty Roasted Red Potatoes Green Peas Wheat Hamburger Bun Oatmeal Raisin Cookie Milk	2 11.3 12.9 30 22.9 11.3	(A) Chicken Enchiladas Whole Kernel Corn Spanish Rice Flour Tortilla Pineapple Tidbits Milk	26.4 21.3 20.2 17.8 23.6 11.3	(A) Chicken Alfredo Tossed Salad Garlic Texas Toast Hot Spiced Peaches Milk Salad Dressing	36.6 1.7 15.8 19.2 11.3 1.7	(A) Meatball Sub Sandwich Broccoli Hot Dog Bun Strawberry Fruited Gelatin Milk Margarine	14.6 4.1 30 27.9 11.3 0	(A) Tuna Croquettes Tartar Sauce Green Peas Whole Wheat Bread Watermelon Chocolate Milk Margarine	35.8 0.7 12.9 12 7.8 30.6 0	(A) Potato Crusted Pollock Tartar Sauce Roasted Red Potatoes Green Peas Wheat Hamburger Bun Oatmeal Raisin Cookie Milk	15 0.7 11.3 12.9 30 22.9 11.3	(A) Cuban Pork Whole Kernel Corn Spanish Rice Flour Tortilla Pineapple Tidbits Milk	5 21.3 20.2 17.8 23.6 11.3			
<u>This Week's Deli Meal</u> Chef Salad* *Turkey, Ham, Egg, Cheddar Cheese, Tomato, Mixed Greens, and Carrots Pasta Salad Applesauce Milk Ranch Salad Dressing	CHO	11	CHO	12	CHO	13	CHO	14	CHO	15	CHO	16	CHO	17	CHO			
	5.6	(A) Fajita Chicken Mexican Rice Bush's Black Beans Flour Tortilla Tropical Fruit Milk Taco Sauce	1.7 21.8 24 17.8 34.7 11.3 1.8	(A) Country Fried Steak Country Gravy Mashed Potatoes Seasoned Peas Whole Wheat Bread Coleslaw Hamburger Bun Strawberry Cheesecake Pudding Milk (B) Shredded Pork BBQ Sauce	16.1 2.5 14.8 13.1 12 10 21.6 27.4 11.3 0 0 12	(A) Hamburger Lettuce/Tomato/Onion Ketchup/Mustard Green Beans Tossed Salad Whole Wheat Bread Coleslaw Hamburger Bun Strawberry Cheesecake Pudding Milk (B) Shredded Pork BBQ Sauce	2 2.8 2.8 6.8 1.7 12 11.2 11.2 1.7 0 0 22.7	(A) Turkey Ham & Broccoli Casserole Northern Beans Tossed Salad Whole Wheat Bread Orange Milk Salad Dressing Margarine (B) Beef Enchilada Pie	28.9 19.4 1.7 12 11.2 11.2 1.7 0 22.7	(A) Apple Glazed Pork Baked Potato Broccoli w/Cheese Whole Wheat Bread Banana Chocolate Milk Margarine (B) Potato Crusted Pollock Tartar Sauce	8 21.3 8.8 12 27 30.6 0 15 0.7	(A) Beef Taco Mexican Rice Bush's Black Beans Flour Tortilla Tropical Fruit Milk Taco Sauce	3.2 21.8 24 17.8 34.7 11.3 1.8	(A) Chicken Corn Chowder Mashed Potatoes Seasoned Peas Whole Wheat Bread Applesauce Milk Margarine (B) Country Fried Steak Country Gravy	20 14.8 13.1 12 16.6 11.3 0 16.1 2.5			
<u>This Week's Deli Meal</u> Cranberry Chicken Salad Tossed Salad Wheat Roll Fresh Grapes Milk	CHO	18	CHO	19	CHO	20	CHO	21	CHO	22	CHO	23	CHO	24	CHO			
	19	(A) Beef Marinara Sauce Penne Pasta Sliced Carrots Whole Wheat Bread Brownie Milk Margarine (B) Chicken Cacciatore	5.1 21.2 7.2 12 27.1 11.3 0 3.3	(A) Turkey A La King Mashed Potatoes Brussels Sprouts Whole Wheat Bread Chocolate Chip Cookie Milk Margarine (B) Swedish Meatballs	15 14.8 8.3 12 25.9 11.3 0 9.9	(A) Honey Mustard Chicken Cut Yams Tossed Salad Cornbread Banana Milk Milk Dressing Margarine (B) Glazed Ham	11.4 25.1 1.7 22.5 27 11.3 1.7 0 3.5	(A) Roasted Turkey Poultry Gravy Mashed Potatoes Green Beans Wheat Roll Pumpkin Bar Milk Margarine (B) Homemade Meatloaf Brown Gravy	1.5 1.4 14.8 6.8 13 24 11.3 0 3 oz 1 oz	(A) Vegetable Bean Stew Buttered Rice Green Peas Naan Dippers Orange Chocolate Milk (B) Chicken Tikka	34.5 22.7 13 15.1 11.2 30.6 5	(A) Chicken Cacciatore Penne Pasta Sliced Carrots Whole Wheat Bread Brownie Milk Margarine (B) Beef Marinara Sauce	3.3 21.2 7.2 12 27.1 11.3 0 5.1	(A) Swedish Meatballs Mashed Potatoes Brussels Sprouts Whole Wheat Bread Chocolate Chip Cookie Milk Margarine (B) Turkey A La King	9.9 14.8 8.3 12 25.9 11.3 0 15			
<u>This Week's Deli Meal</u> Egg Salad Tossed Salad Wheat Crackers Cinnamon Applesauce Milk Balsamic Vinaigrette	CHO	25	CHO	26	CHO	27	CHO	28	CHO	29	CHO	30	CHO	1	CHO			
	7.5	(A) Garlic Rosemary Chicken Mashed Potatoes Green Peas Whole Wheat Bread Applesauce Milk Margarine (B) Broccoli & Cheese Soup Northern Beans Saltine Crackers (B) Beef w/Mushroom Gravy	0.7 14.8 12.9 12 16.6 11.3 0 14.9 19.4 8.9 4.5	(A) Shepherd's Pie Whole Wheat Bread Peach Cranberry Crisp Milk Margarine (B) Broccoli & Cheese Soup Northern Beans Saltine Crackers	24.7 12 51.6 11.3 0 14.9 19.4 8.9	(A) BBQ Chicken Whole Kernel Corn Coleslaw Wheat Hamburger Bun Apple Milk Margarine (B) Hamburger Lettuce/Tomato/Onion Ketchup/Mustard	16 21.3 10 30 17.5 11.3 0 2 2.8 2.8	(A) Chicken Taco Lettuce & Tomato Mexican Rice Fiesta Vegetable Blend Flour Tortilla Cherry Fruited Gelatin Milk Taco Sauce Closed. Delivered on Nov 25th (B) Pork Carnitas	3.2 1 21.8 9.6 17.8 29.8 11.3 1.8 0.9	(A) Macaroni & Cheese Green Beans Tossed Salad Whole Wheat Bread Banana Chocolate Milk Margarine Salad Dressing (B) Turkey Ham & White Beans	43.5 6.8 1.7 12 27.9 30.6 0 1.7 20	(A) Beef w/Mushroom Gravy Mashed Potatoes Green Peas Whole Wheat Bread Applesauce Milk Margarine (B) Garlic Roasted Chicken	4.5 14.8 12.9 12 16.6 11.3 0 0.7	(A) Broccoli Cheese Soup Northern Beans Saltine Crackers Whole Wheat Bread Peach Cranberry Crisp Milk Margarine (B) Shepherd's Pie	14.9 19.4 8.9 12 51.6 11.3 0 24.7			

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 a.m. 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