

WesleyLife Meals on Wheels - January 2025

Menu Instructions: Please circle your choices and return by 12/09/24 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> Krab Salad 20.4 Tossed Salad 4.9 Wheat Crackers 7.7 Cinnamon Applesauce 16.7 Milk 11.3 Ranch Salad Dressing 2.5			1 (A) Pork Carnitas 0.9 Cilantro Lime Rice 22.8 Fiesta Veg Blend 9.6 Flour Tortilla 17.8 Orange Fruited Gelatin 27.9 Milk 11.3 Taco Sauce 1.8 Closed. Delivered on Dec 30th (B) Chicken Taco 3.2	2 (A) Hamburger 2 Lettuce/Tomato/Onion 2.8 Ketchup/Mustard 2.8 Roasted Red Potatoes 11.3 Green Beans 6.8 Wheat Hamburger Bun 30 Apple 27 Milk 11.3 Margarine 0 (B) BBQ Chicken 16	3 (A) Turkey Ham & White Beans 20 Green Beans 6.8 Tossed Salad 1.7 Whole Wheat Bread 12 Banana 27.9 Chocolate Milk 30.6 Margarine 0 Salad Dressing 1.7 (B) Macaroni & Cheese 43.5	4 (A) Garlic Roasted Chicken 0.7 Mashed Potatoes 14.8 Green Peas 12.9 Whole Wheat Bread 12 Applesauce 16.6 Milk 11.3 Margarine 0 (B) Beef with Mushroom Gravy 4.5	5 (A) Shepherd's Pie 24.7 Whole Wheat Bread 12 Peach Crisp 47.3 Milk 11.3 Margarine 0 (B) Broccoli Cheese Soup Northern Beans 14.9 Saltine Crackers 8.9
<u>This Week's Deli Meal</u> Cranberry Chicken Salad 19 Tossed Salad (mixed lettuce greens, cucumber, tomatoes) 4.9 Wheat Roll 17 Cinnamon Applesauce 16.7 Milk 11.3 French Dressing 3.6	6 (A) Polish Sausage with Peppers & Onions 5.6 Scalloped Potatoes 16 Green Beans 6.8 Hot Dog Bun 30 Pineapple Tidbits 23.6 Milk 11.3 (B) BBQ Chicken 16	7 (A) Potato Crusted Pollock Tartar Sauce 15 Macaroni & Cheese 0.7 Broccoli 21.3 Broccoli 4 Brownie 27.1 Milk 11.3 (B) Beef Meatloaf Brown Gravy 1 1.4	8 (A) Swedish Meatballs Egg Noodles 9.9 Garden Vegetables 20.2 Whole Wheat Bread 11.6 Green Peas 12 Chocolate Chip Cookie 19.1 Milk 11.3 Margarine 0 (B) Turkey-Ham & Broccoli Rice Casserole 28.9	9 (A) Glazed Ham 3.5 Mashed Red Potatoes 19.7 Brown Gravy 1.4 Green Peas 12.9 Multi-Grain Bread 14 Orange 11.2 Milk 11.3 Margarine 0 (B) Salisbury Steak 5	10 (A) Turkey Tetrazzini 25.6 Tossed Salad (lettuce greens, carrots, celery, cherry tomatoes) 1.7 Garlic Bread 15.8 Hot Spiced Pears 23.9 Chocolate Milk 30.6 Salad Dressing 1.7 Margarine 0 (B) Spaghetti Casserole 27.7	11 (A) BBQ Chicken 16 Scalloped Potatoes 16 Green Beans 6.8 Hot Dog Bun 30 Pineapple Tidbits 23.6 Milk 11.3 (B) Polish Sausage with Peppers & Onions 5.6	12 (A) Beef Meatloaf Brown Gravy 1 1.4 Macaroni & Cheese 21.3 Broccoli 4 Brownie 27.1 Milk 11.3 (B) Potato Crusted Pollock Tartar Sauce 15 0.7
<u>This Week's Deli Meal</u> Chef Salad* 5.7 *Turkey, Egg, Cheddar Tomato, Mixed Greens, and Carrots Pasta Salad 22 Pineapple Tidbits 23.6 Milk 11.3 Ranch Salad Dressing 2.5	13 (A) Country Fried Steak 16.1 Country Gravy 4.9 Mashed Potatoes 14.8 Brussels Sprouts 8.3 Multi-Grain Bread 12.3 Cinnamon Applesauce 17.3 Milk 11.3 Margarine 0 (B) Baked Chicken Breast Balsamic Onion Jam 3 10.7	14 (A) Turkey-Ham & White Beans 20 Glazed Carrots 12 Cornbread 22.5 Green Peas 13 Whole Wheat Bread 12 Banana 27 Milk 11.3 Margarine 0 (B) Broccoli & Cheese Soup White Beans 14.9 19.4	15 (A) Beef Meatloaf with Tomato Glaze 18.5 Mashed Potatoes 14.8 Green Peas 13 Whole Kernel Corn 12 Hot Dog Bun 30 Pineapple Tidbits 23.6 Milk 11.3 Margarine 0 (B) Roasted Turkey Poultry Gravy 1.5 2.9	16 (A) Beef Hot Dog Ketchup 3 Roasted Red Potatoes 13.6 Whole Kernel Corn 21.3 Hot Dog Bun 30 Pineapple Tidbits 23.6 Milk 11.3 (B) Philly Chicken 1.5	17 (A) Meatball Soup 35.9 Saltine Crackers 8.9 Green Beans 6.8 Garlic Parmesan Cauliflower 4.4 Cinnamon Sugar Cookie 17.6 Chocolate Milk 30.6 (B) Chicken Noodle Soup 11	18 (A) Baked Chicken Breast Balsamic Onion Jam 3 10.7 Mashed Potatoes 14.8 Brussels Sprouts 8.3 Multi-Grain Bread 12.3 Hot Spiced Peaches 19.2 Milk 17.3 Cinnamon Applesauce 11.3 Margarine 0 (B) Country Fried Steak Country Gravy 16.1 4.9	19 (A) Broccoli & Cheese Soup White Beans 14.9 19.4 Glazed Carrots 12 Cornbread 22.5 Hot Spiced Peaches 19.2 Milk 11.3 Margarine 0 (B) Turkey-Ham & White Beans 20
<u>This Week's Deli Meal</u> Southwest Chicken Salad 12 *Chicken, Mixed Salad Wheat Roll 17 Fresh Grapes 15.8 Milk 11.3 Ranch Salad Dressing 2.5	20 (A) Chicken Fettuccini Alfredo 29.3 Green Peas 12.9 Whole Wheat Bread 18.6 Hot Spiced Apples 11.3 Milk 0 Margarine 0 (B) Goulash 42.1	21 (A) Potato & Turkey-Ham Soup 24.7 Shredded Cheese 0.4 Saltine Crackers 8.9 Brussels Sprouts 8.3 Whole Wheat Bread 12 Chocolate Chip Cookie 19.1 Milk 11.3 Margarine 0 (B) Chicken & Corn Chowder 0 20	22 (A) Sloppy Joe 6.8 Au Gratin Potatoes 15.5 Green Beans 6.8 Hamburger Bun 21.6 Banana 27 Milk 11.3 (B) Shredded Pork BBQ Sauce 0 11.6	23 (A) Hamburger Lettuce/Tomato/Onion 2 2.8 Ketchup 2.5 Macaroni & Cheese 21.3 Coleslaw 10.1 Hamburger Bun 21.6 Apple 17.5 Milk 11.3 (B) Baked Chicken Mayonnaise 3 0	24 (A) Sausage Patty 7 Hashbrown Casserole 18.7 Biscuit 15.3 Country Gravy 2.5 Cinnamon Applesauce 16.7 Chocolate Milk 30.6 (B) Cheese Omelet 7	25 (A) Goulash 42.1 Green Peas 12.9 Whole Wheat Bread 12 Hot Spiced Apples 18.6 Milk 11.3 Margarine 0 (B) Chicken Fettuccini Alfredo 29.3	26 (A) Chicken Corn Chowder 20 0.4 Shredded Cheese 8.9 Saltine Crackers 8.3 Brussels Sprouts 12 Whole Wheat Bread 19.1 Chocolate Chip Cookie 11.3 Milk 0 Margarine 0 (B) Potato & Turkey-Ham Soup 24.7
<u>This Week's Deli Meal</u> Egg Salad 11.3 Cucumber Tomato Salad 4.8 Whole Wheat Bread (2) 24 Applesauce 16.6 Milk 11.3	27 (A) Spaghetti Casserole 20.1 Green Beans 6.8 Whole Wheat Bread 12 Hot Spiced Peaches 19.2 Milk 11.3 Margarine 0 (B) Baked Chicken Thigh Creole Sauce 0 4.4	28 (A) Baked Chicken Breast Poultry Gravy 3 1.4 Mashed Potatoes 14.8 Green Peas 12.9 Hamburger Bun 21.6 Pineapple Tidbits 23.6 Milk 11.3 Margarine 0 (B) Glazed Ham 3.5	29 (A) BBQ Rib Patty 15.1 Roasted Red Potatoes 13.6 Broccoli 4 Hamburger Bun 21.6 Pineapple Tidbits 23.6 Milk 11.3 (B) BBQ Chicken 16	30 (A) Open-Faced Turkey Sandwich 16.8 Mashed Red Potatoes 19.7 Glazed Carrots 12 Multi-Grain Bread 14 Apple 17.5 Milk 11.3 Margarine 0 (B) Herb-Marinated Chicken 3.2	31 (A) Meatball Sub Shredded Mozzarella 14.6 0.8 Whole Kernel Corn 21.3 California Vegetables 5.8 Hot Dog Bun 30 Sugar Cookie 17.4 Chocolate Milk 30.6 (B) Polish Sausage with Peppers & Onions 5.6		

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 a.m. the prior business day to avoid a fee.

Entree contains >700 mg Sodium Denotes pork in recipe CHO Denotes grams of Carbohydrate

Elise A. Compston, RD, LD

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