

**November 2020 Menu**    Route : \_\_\_\_\_



**Menu Instructions:**  
Please circle your choices and return by Wednesday 10/21/20 or as soon as possible. Mark an "X" over the day to cancel or write "Deli" to choose the deli option.

First and Last Name: \_\_\_\_\_

DELI MEALS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week of 10/26 to 11/1</b>  <b>Chicken and Spinach Salad w/Almonds and a Raspberry Vinaigrette (1) 18g</b>  <b>Pudding Cup (2) 23g</b> <b>Seasonal Fresh Fruit (1) 15g*</b> 1% Milk (1) 12g*	<b>(A) Chop Steak (1) 15g</b>  Baked Sweet Potato (1) 15g Cauliflower (0) 4g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g*  <b>(B) Smothered Chicken with Gravy (1) 11g</b> October 26, 2020	<b>(A) Turkey Orzo Primavera (2) 38g</b>  Steamed Spinach (0) 1g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g*  <b>(B) Creamy Crab Linguini (2) 35g</b> October 27, 2020	<b>(A) BBQ Meatballs (2) 26g</b>  Cauliflower (0) 4g* Baby Carrots (0) 5g* Orange Juice (1) 15g* WW Dinner Roll (1) 14g 1% Milk (1) 12g*  <b>(B) Pineapple Chicken (1) 16g*</b> October 28, 2020	<b>(A) Chicken Breast Florentine (1) 8g</b>  Oven Roasted Potato (1) 15g* Seasonal Fruit (1) 15g* WW Bread (1) 15g 1% Milk (1) 12g*  <b>(B) Kielbasa w/Peppers &amp; Onions (1) 8g*</b> October 29, 2020	<b>(A) Salmon Burger (0) 3g</b>  Broccoli Cuts (0) 5g* Potato Wedges (1) 15g* Seasonal Fruit (1) 15g* WW Bun (1) 24g 1% Milk (1) 12g*  <b>(B) Pizza Burger (0) 5g*</b> October 30, 2020	<b>(B) Smothered Chicken with Gravy (1) 11g</b> Baked Sweet Potato (1) 15g Cauliflower (0) 4g* Fruit Juice (1) 15g* WW Bun (2) 24g 1% Milk (1) 12g*  <b>(B) Chop Steak (1) 15g</b> October 31, 2020	<b>(A) Creamy Crab Linguini (2) 35g</b>  Steamed Spinach (0) 1g* Applesauce (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g*  <b>(B) Turkey Orzo Primavera (2) 38g</b> November 1, 2020
<b>Week of 11/2 to 11/8</b>  <b>Roast Beef Sandwich with Lettuce and Tomato (1) 8g</b> <b>WW Bun (2) 24g</b>  <b>Carrot &amp; Celery Sticks (0) 5g*</b> <b>Seasonal Fresh Fruit (1) 15g*</b> 1% Milk (1) 12g*	<b>(A) Roast Turkey Breast (0) 4g*</b> Asparagus (0) 2g* Baked Sweet Potato (1) 15g* Seasonal Fruit (1) 15g* WW Dinner Roll (1) 14g 1% Milk (1) 12g*  <b>(B) Baked Ham (0) 4g*</b> November 2, 2020	<b>(A) Beef and Bean Chili (1) 16g</b>  Broccoli Cuts (0) 5g*  Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g*  <b>(B) Root Vegetables, Chicken &amp; Pasta (2) 24g</b> November 3, 2020	<b>(A) Lemon Butter Cod (0) 0g</b>  Garden Vegetables (0) 5g* Wild Rice (1) 15g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g*  <b>(B) Roast Porkloin (0) 0g*</b> November 4, 2020	<b>(A) Chicken Enchilada Bake (2) 35g</b>  Mexican Mixed Veggies (0) 5g Seasonal Fruit (1) 15g* Tortilla (1) 15g 1% Milk (1) 12g*  <b>(B) Beef &amp; Bean Enchilada (2) 35g</b> November 5, 2020	<b>(A) Vegetable Lasagna (2) 33g</b>  Steamed Spinach (0) 1g*  Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g*  <b>(B) Chicken &amp; Barley Casserole (2) 29g</b> November 6, 2020	<b>(A) Baked Ham (0) 4g*</b>  Asparagus (0) 2g* Baked Sweet Potato (1) 15g* Fruit Juice (1) 15g* WW Dinner Roll (1) 14g 1% Milk (1) 12g*  <b>(B) Roast Turkey Breast (0) 4g*</b> November 7, 2020	<b>(A) Root Vegetables, Chicken &amp; Pasta (2) 24g</b>  Broccoli Cuts (0) 5g*  Apple Sauce (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g*  <b>(B) Beef and Bean Chili (1) 16g</b> November 8, 2020
<b>Week of 11/9 to 11/15</b>  <b>Antipasto Salad (1) 13g</b>  <b>Breadstick (1) 14g</b>  <b>Pudding Cup (2) 23g</b> <b>Seasonal Fresh Fruit (1) 15g*</b> 1% Milk (1) 12g*	<b>(A) Pulled Smoked Turkey (0) 0g*</b> Oven Roasted Potato (1) 15g Broccoli (0) 5g* Seasonal Fruit (1) 15g* WW Bun (2) 24g 1% Milk (1) 12g*  <b>(B) Sloppy Joe (1) 9g</b> November 9, 2020	<b>(A) Stuffed Peppers (1) 9g</b>  Buttered Corn (1) 15g  Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g*  <b>(B) Ham &amp; Au Gratin Potato (1) 18g</b> November 10, 2020	<b>(A) Beef Steak w/Peppers &amp; Onion Sandwich (0) 3g</b> Potato Wedges (1) 15g Seasonal Fruit (1) 15g* 1% Milk (1) 12g* Mini Hoagie (2) 24g  <b>(B) Italian Grinder w/Peppers &amp; Onion Sandwich (0) 5g</b> November 11, 2020	<b>(A) BBQ Chicken Drumsticks (1) 4g*</b> Garden Vegetables (0) 5g* Baked Beans (2) 25 Seasonal Fruit (1) 15g* Biscuit (1) 15g 1% Milk (1) 12g*  <b>(B) Pineapple Pork (1) 4g</b> November 12, 2020	<b>(A) Vegetarian Mexican Posole (1) 18g</b>  Green Beans (0) 5g* Seasonal Fruit (1) 15g* WW Dinner Roll (1) 14g 1% Milk (1) 12g*  <b>(B) Broccoli Rice and Chicken (1) 15g</b> November 13, 2020	<b>(A) Sloppy Joe (1) 9g</b>  Oven Roasted Potato (1) 15g Broccoli (0) 5g* Fruit Juice (1) 15g* WW Bun (2) 24g 1% Milk (1) 12g*  <b>(B) Pulled Smoked Turkey (0) 0g</b> November 14, 2020	<b>(A) Ham &amp; Au Gratin Potato (1) 18g</b>  Buttered Corn (1) 15g  Apple Sauce (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g*  <b>(B) Stuffed Peppers (1) 9g</b> November 15, 2020
<b>Week of 11/16 to 11/22</b>  <b>Chef Salad (1) 8g*</b> <b>Wheat Crackers (1) 15g</b>  <b>Seasonal Fresh Fruit (1) 15g*</b>  <b>Jello Cup (1) 19g</b> 1% Milk (1) 12g*	<b>(A) Beef Goulash (2) 20g</b>  Brussels Sprouts (1) 6g*  Seasonal Fruit (1) 15g* WW Dinner Roll (1) 14g 1% Milk (1) 12g*  <b>(B) Macaroni and Cheese (1) 19g</b> November 16, 2020	<b>(A) BBQ Pulled Chicken (1) 11g*</b> Broccoli Cuts (0) 5g* Potato Wedges (1) 15g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g*  <b>(B) Smoked Pulled Pork (0) 0g*</b> November 17, 2020	<b>(A) Turkey Bolognese over Rotini (2) 27g</b>  Garden Vegetables (0) 5g* Seasonal Fruit (1) 15g* Breadstick (1) 15g 1% Milk (1) 12g*  <b>(B) Stuffed Shells (2) 30g</b> November 18, 2020	<b>(A) Honey Mustard Chicken Sandwich (0) 2g</b> Green Peas (1) 13g* Seasonal Fruit (1) 15g* Mini Hoagie (2) 24g 1% Milk (1) 12g*  <b>(B) Bratwurst (0) 4g</b> November 19, 2020	<b>(A) Baked Ziti (2) 33g</b>  Steamed Spinach (0) 1g*  Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g*  <b>(B) Supreme Pizza (2) 35g</b> November 20, 2020	<b>(A) Macaroni and Cheese (1) 19g</b>  Brussels Sprouts (1) 6g*  Fruit Juice (1) 15g* WW Dinner Roll (1) 14g 1% Milk (1) 12g*  <b>(B) Beef Goulash (2) 20g</b> November 21, 2020	<b>(A) Smoked Pulled Pork (0) 0g*</b>  Broccoli Cuts (0) 5g* Potato Wedges (1) 15g* Apple Sauce (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g*  <b>(B) BBQ Pulled Chicken*</b> November 22, 2020
<b>Week of 11/23 to 11/29</b>  <b>Tuna Salad Sandwich (0) 5g on Mini Hoagie (2) 24g</b>  <b>Cottage Cheese (1) 6g*</b>  <b>Seasonal Fresh Fruit (1) 15g*</b> 1% Milk (1) 12g*	<b>(A) Chicken Gumbo (1) 12g*</b> Green Peas (1) 13g* Seasonal Fruit (1) 15g* WW Dinner Roll (1) 14g 1% Milk (1) 12g*  <b>(B) Broccoli &amp; Cheese Quiche (1) 17g</b> November 23, 2020	<b>(A) Beef Stew (1) 11g</b> Corn O'Brien (1) 15g* Seasonal Fruit (1) 15g* WW Dinner Roll (1) 14g 1% Milk (1) 12g*  <b>(B) Potato Crusted Cod (1) 8g*</b> 11/26 meal delivered today November 24, 2020	<b>(A) Spaghetti with Meat Sauce (2) 31g</b>  Broccoli (0) 5g* Seasonal Fruit (1) 15g* WW Dinner Roll (1) 14g 1% Milk (1) 12g*  <b>(B) Seafood Alfredo 6oz (2) 35g</b> November 25, 2020	<b>(A) Roast Turkey Breast w/Gravy (0) 4g</b> Savory Stuffing (2) 21g Green Bean Casserole (1) 8g Pumpkin Mousse (1) 6g WW Dinner Roll (1) 14g 1% Milk (1) 12g*  <b>(B) Baked Ham (0) 4g*</b> Happy Thanksgiving! Meal delivered 11/24, frozen November 26, 2020	<b>(A) Cheese Ravioli with Marinara (2) 27g</b>  Asparagus (0) 2g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g*  <b>(B) Tater Tot Casserole (1) 17g</b> November 27, 2020	<b>(A) Broccoli &amp; Cheese Quiche (1) 17g</b>  Green Peas (1) 16g* Fruit Juice (1) 15g* WW Dinner Roll (1) 14g 1% Milk (1) 12g*  <b>(B) Chicken Gumbo (1) 12g*</b> November 28, 2020	<b>(A) Potato Crusted Cod (1) 8g* (2) 35g</b>  Corn O'Brien (1) 15g* Seasonal Fruit (1) 15g* WW Dinner Roll (1) 14g 1% Milk (1) 12g*  <b>(B) Beef Stew (1) 11g</b> November 29, 2020

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.

Saturday and Sunday meals are delivered on Friday, frozen, and must be ordered by Wednesday of the requested delivery week.

To view menus or for other information, please visit [www.wesleylife.org](http://www.wesleylife.org) and select "Rides and Meals."

The number in ( ) is the Carbohydrate (Carb) count of each menu item.

\*Gluten Free item.

All menu items are subject to change.