

Please circle your choices and return by Monday 9/21/20 or as soon as possible. Mark an "X" over the day to cancel or write "Del" to choose the deli option.

First and Last Name: _____

DELI MEALS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week of 9/28 to 10/4 Salmon Caesar Salad (1) 15g WW Roll (1) 14g Fruit Salad (2) 30g* 1% Milk (1) 12g*	(A) Pulled Smoked Turkey (0) 0g* Baked Sweet Potato (1) 15g* Cauliflower (0) 4g* Seasonal Fruit (1) 15g* WW Bun (2) 24g 1% Milk (1) 12g* (B) Sloppy Joe (1) 9g	(A) Ham & Au gratin Potato (1) 18g Buttered Corn (1) 15g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Stuffed Peppers (1) 9g	(A) Beef Steak w/Peppers & Onion Sandwich (0) 3g* Mini Hoagie Bun (2) 24g Potato Wedges (1) 15g* Seasonal Fruit (1) 15g* 1% Milk (1) 12g* (B) Italian Grinder w/Peppers & Onion Sandwich (0) 5g	(A) BBQ Chicken Drumsticks (1) 4g* Garden Vegetables (0) 5g* Baked Beans (2) 25 Seasonal Fruit (1) 15g* Biscuit (1) 15g 1% Milk (1) 12g* (B) Pineapple Pork (1) 4g	(A) Baked Ziti (2) 33g Steamed Spinach (0) 1g Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Supreme Pizza (2) 35g	(A) Sloppy Joe (1) 9g Baked Sweet Potato (1) 15g* Cauliflower (0) 4g* Fruit Cup (1) 15g* WW Bun (2) 24g 1% Milk (1) 12g* (B) Pulled Smoked Turkey (0) 0g*	(A) Stuffed Peppers (1) 9g Buttered Corn (1) 15g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Ham & Au gratin Potato (1) 18g
Week of 10/5 to 10/11 Turkey Sandwich w/Letuce and Tomato (1) 8g WW Bun (2) 24g Grapes (1) 18g* 1% Milk (1) 12g*	(A) Italian Pork (0) 0g* Bow Tie Pasta (2) 26g Asparagus (0) 2g* Seasonal Fruit (1) 15g* WW Roll (1) 14g 1% Milk (1) 12g* (B) Rosemary Chicken (0) g*	(A) Chicken Bacon Casserole Over Egg Noodles (2) 27g Broccoli Cuts (0) 5g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Ground Beef Stroganoff Over Egg Noodles (2) 27g	(A) Baked Ham (0) 4g* Peas and Carrots (1) 10g* Mashed Potato (1) 15g* Orange Juice (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Roast Turkey (0) 4g*	(A) Hamburger (0) 1g* WW Bun (2) 24g Green Beans (0) 5g* Potato Wedges (1) 15g* Seasonal Fruit (1) 15g* 1% Milk (1) 12g* (B) Brat Burger (0) 1g*	(A) Salmon w/Horseradish Cream over Basil Orzo (2) 24g Baby Carrots (0) 5g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Bacon Cheddar Baked Potato (2) 33g	(A) Rosemary Chicken (0) 0g* Bow Tie Pasta (2) 26g Asparagus (0) 2g* Fruit Juice (1) 15g* WW Roll (1) 14g 1% Milk (1) 12g* (B) Italian Pork (0) 0g*	(A) Ground Beef Stroganoff Over Egg Noodles (2) 27g Broccoli Cuts (0) 5g* Applesauce (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Chicken Bacon Casserole Over Egg Noodles (2) 27g
Week of 10/12 to 10/18 Mediterranean Zucchini and Chickpea Salad (1) 19g Pita Flatbread (1) 19g Seasonal Fresh Fruit (1) 15g* 1% Milk (1) 12g*	(A) Beef Goulash (1) 20g Garden Vegetables (0) 5g* Seasonal Fruit (1) 15g* WW Roll (1) 14g 1% Milk (1) 12g* (B) Macaroni and Cheese (1) 19g	(A) BBQ Pulled Chicken (1) 11g Green Beans (0) 5g* Loaded Hash Browns (1) 18g Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Smoked Pulled Pork (0) 0g*	(A) Spaghetti w/Meat Sauce (2) 31 g Asparagus (0) 5g* Orange Juice (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Canadian Bacon Pizza (2) 35g	(A) Old Bay Cod (0) 0g* Brown Rice Pilaf (1) 20g Broccoli Cuts (0) 5g* Seasonal Fruit (1) 15g* WW Roll (1) 14g 1% Milk (1) 12g* (B) Apple Cider Pork Loin (1) 6g*	(A) Cheese Manicotti (2) 33g Steamed Spinach (0) 1g* Seasonal Fruit (1) 15g* Breadstick (1) 14g 1% Milk (1) 12g* (B) Greek Island Chicken (1) 22 g	(A) Macaroni and Cheese (1) 19g Garden Vegetables (0) 5g* Fruit Juice (1) 15g* WW Roll (1) 14g 1% Milk (1) 12g* (A) Beef Goulash (1) 20g	(A) Smoked Pulled Pork (0) 0g* Green Beans (0) 5g* Loaded Hash Browns (1) 18g Applesauce (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) BBQ Pulled Chicken (1) 11g
Week of 10/19 to 10/25 Egg Salad Sandwich on a Croissant (2) 32g Carrot & Celery Sticks (0) 5g* Seasonal Fresh Fruit (1) 15g* 1% Milk (1) 12g*	(A) Meatloaf w/Tomato Sauce (1) 9g Asparagus (0) 5g* Mashed Potato (1) 15g* Seasonal Fruit (1) 15g* WW Roll (1) 14g 1% Milk (1) 12g* (B) Baked Pork Chop (0) 3g	(A) Chicken in Butter Garlic Caper Sauce (0) 2g Linguini (1) 23g Sautéed Mushrooms (0) 4g Seasonal Fruit (1) 15g* WW Roll (1) 14g 1% Milk (1) 12g* (B) Seafood Newburg (0) 0g	(A) BBQ Chicken Burger (1) 12g Buttered Corn (1) 15g* WW Bun (1) 24g Orange Juice (1) 15g* 1% Milk (1) 12g* (B) Pork Rib Patty (0) 0g	(A) Roasted Chicken Thighs (0) 0g* Sweet Potato (1) 15g* Peas and Carrots (1) 10g* Seasonal Fruit (1) 15g* WW Roll (1) 14g 1% Milk (1) 12g* (B) Roast Beef (0) 0g*	(A) Spinach, Potato & Egg Bake (2) 32g Beets (0) 6g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Braised Italian Sausage and Cabbage (2) 21g	(A) Baked Pork Chop (0) 3g Asparagus (0) 2g* Mashed Potato (1) 15g* Fruit Juice (1) 15g* WW Roll (1) 14g 1% Milk (1) 12g* (B) Meatloaf w/Tomato Sauce (1) 9g	(A) Seafood Newburg (0) 0g Linguini (1) 23g Sautéed Mushrooms (0) 4g Seasonal Fruit (1) 15g* WW Roll (1) 14g 1% Milk (1) 12g* (A) Chicken in Butter Garlic Caper Sauce (0) 2g
Week of 10/26 to 11/1 Chicken and Spinach Salad w/Almonds and a Raspberry Vinaigrette (1) 18g Pudding Cup (2) 23g Seasonal Fresh Fruit (1) 15g* 1% Milk (1) 12g*	(A) Chop Steak (1) 15g Baked Sweet Potato (1) 15g* Cauliflower (0) 4g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Smothered Chicken with Gravy (1) 11g	(A) Turkey Orzo Primavera (2) 38g Steamed Spinach (0) 1g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Creamy Crab Linguini (2) 35g	(A) BBQ Meatballs (2) 26g Cauliflower (0) 4g* Baby Carrots (0) 5g* Orange Juice (1) 15g* WW Roll (1) 14g 1% Milk (1) 12g* (B) Pineapple Chicken (1) 14g*	(A) Chicken Breast Florentine (1) 8g Oven Roasted Potato (1) 15g* Seasonal Fruit (1) 15g* WW Bread (1) 15g 1% Milk (1) 12g* (B) Kielbasa w/Peppers & Onions (1) 8g*	(A) Salmon Burger (0) 3g Broccoli Cuts (0) 5g* Potato Wedges (1) 15g* Seasonal Fruit (1) 15g* WW Bun (1) 24g 1% Milk (1) 12g* (B) Pizza Burger (0) 5g*	(B) Smothered Chicken with Gravy (1) 11g Baked Sweet Potato (1) 15g* Cauliflower (0) 4g* Fruit Juice (1) 15g* WW Bun (2) 24g 1% Milk (1) 12g* (B) Chop Steak (1) 15g	(A) Creamy Crab Linguini (2) 35g Steamed Spinach (0) 1g* Applesauce (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Turkey Orzo Primavera (2) 38g

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 and select "Rices and Meals."
 The number in [] is the Carbohydrate (Carb) count of each menu item. *Gluten free item. All menu items are subject to change.