

January 2021 Menu Route : _____



Menu Instructions:
Please circle your choices and return by Wednesday 12/16/2020 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
Week of 12/28 to 01/03/2021 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 New Year 01/01 Meal Delivered December 28, 2020	(A) Turkey Orzo Primavera (2) 38g Steamed Spinach (0) 1g* Kiwi (1) 10g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Creamy Crab Linguini (2) 35g December 29, 2020	(A) Creamy Rosa Meatballs (2) 24g Cauliflower (0) 4g* Baby Carrots (0) 5g* Orange Juice (1) 15g* WW Roll (1) 14g 1% Milk (1) 12g* (B) Pineapple Chicken (1) 16g* Weekend Meals Delivered December 30, 2020	(A) Chicken Breast Florentine (1) 8g Wild Rice (1) 15g* Seasonal Fruit (1) 15g* WW Bread (1) 15g 1% Milk (1) 12g* (B) Kielbasa w/Peppers & Onions (1) 8g* December 31, 2020	(A) BBQ Peach Salmon (0) 6g* Broccoli Cuts (0) 5g* Roasted Potato (1) 15g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) BBQ Pork Chop (0) 2g* HAPPY NEW YEAR Meal delivered 12/28, frozen January 1, 2021	(A) Smothered Chicken with Gravy (1) 11g Baked Sweet Potato (1) 15g* Cauliflower (0) 4g* Fruit Juice (1) 15* WW Bread (1) 14g 1% Milk (1) 12g* (B) Chop Steak (1) 15g January 2, 2021	(A) Creamy Crab Linguini (2) 35g Steamed Spinach (0) 1g* Apple Sauce (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Turkey Orzo Primavera (2) 38g January 3, 2021
Week of 01/04 to 01/10 Roast Beef Sandwich with Lettuce and Tomato (1) 8g WW Bun (2) 24g Carrot & Celery Sticks (0) 5g* Seasonal Fresh Fruit (1) 15g* 1% Milk (1) 12g*	(A) Roast Turkey Breast (0) 4g* Asparagus (0) 2g* Oven Roasted Potato (1) 15g* Seasonal Fruit (1) 15g* WW Dinner Roll (1) 14g 1% Milk (1) 12g* (B) Baked Ham (0) 4g* January 4, 2021	(A) Beef and Bean Chili (1) 16g Broccoli Cuts (0) 5g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Root Vegetables, Chicken & Pasta (2) 24g January 5, 2021	(A) Lemon Butter Cod (0) 0g Garden Vegetables (0) 5g* Wild Rice (1) 15g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Roast Porkloin (0) 0g* January 6, 2021	(A) Chicken Enchilada Bake (2) 35g Mexican Mixed Veggies (0) 5g Seasonal Fruit (1) 15g* Tortilla (1) 15g 1% Milk (1) 12g* (B) Beef & Bean Enchilada (2) 35g January 7, 2021	(A) Vegetable Lasagna (2) 33g Steamed Spinach (0) 1g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Chicken & Barley Casserole (2) 29g January 8, 2021	(A) Baked Ham (0) 4g* Asparagus (0) 2g* Oven Roasted Potato (1) 15g* Fruit Juice (1) 15* WW Dinner Roll (1) 14g 1% Milk (1) 12g* (B) Roast Turkey Breast (0) 4g* January 9, 2021	(A) Root Vegetables, Chicken & Pasta (2) 24g Broccoli Cuts (0) 5g* Apple Sauce (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Beef and Bean Chili (1) 16g January 10, 2021
Week of 01/11 to 01/17 Antipasto Salad (1) 13g Breadstick (1) 14g pudding Cup (2) 23g Seasonal Fresh Fruit (1) 15g* 1% Milk (1) 12g*	(A) Pulled Smoked Turkey (0) 0g* Baked Sweet Potato (1) 15g* Broccoli (0) 5g* Seasonal Fruit (1) 15g* WW Bun (2) 24g 1% Milk (1) 12g* (B) Sloppy Joe (1) 9g January 11, 2021	(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 January 12, 2021	(A) Beef Steak w/Peppers & Onion Sandwich (0) 3g Potato Wedges (1) 15g Seasonal Fruit (1) 15g* 1% Milk (1) 12g* Mini Hoagie (2) 24g (B) Italian Grinder w/Peppers & Onion Sandwich (0) 5g January 13, 2021	(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 January 14, 2021	(A) Vegetarian Mexican Posole (1) 18g Green Beans (0) 5g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Broccoli Rice and Chicken (1) 15g January 15, 2021	(A) Sloppy Joe (1) 9g Baked Sweet Potato (1) 15g* Broccoli (0) 5g* Fruit Juice (1) 15* WW Bun (2) 24g 1% Milk (1) 12g* (B) Pulled Smoked Turkey (0) 0g January 16, 2021	(A) Ham & Au Gratin Potato (1) 18g Buttered Corn (1) 15g Apple Sauce (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Stuffed Peppers (1) 9g January 17, 2021
Week of 01/18 to 01/24 Chef Salad (1) 8g* Wheat Crackers (1) 15g Seasonal Fresh Fruit (1) 15g* Jello Cup (1) 19g 1% Milk (1) 12g*	(A) Beef Goulash (2) 20g Brussels Sprouts (1) 6g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Macaroni and Cheese (1) 19g January 18, 2021	(A) BBQ Pulled Chicken (1) 11g* Broccoli Cuts (0) 5g* Potato Wedges (1) 15g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Smoked Pulled Pork (0) 0g* January 19, 2021	(A) Turkey Bolognese over Rotini (2) 27g Garden Vegetables (0) 5g* Seasonal Fruit (1) 15g* Breadstick (1) 15g 1% Milk (1) 12g* (B) Stuffed Shells (2) 30g January 20, 2021	(A) Honey Mustard Chicken Sandwich (0) 2g Green Peas (1) 13g* Seasonal Fruit (1) 15g* Mini Hoagie (2) 24g 1% Milk (1) 12g* (B) Bratwurst (0) 4g January 21, 2021	(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 January 22, 2021	(A) Macaroni and Cheese (1) 19g Brussels Sprouts (1) 6g* Fruit Juice (1) 15* WW Bread (1) 14g 1% Milk (1) 12g* (B) Beef Goulash (2) 20g January 23, 2021	(A) Smoked Pulled Pork (0) 0g* Broccoli Cuts (0) 5g* Potato Wedges (1) 15g* Apple Sauce (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) BBQ Pulled Chicken (1) 11g* January 24, 2021
Week of 01/25 to 01/31 Tuna Salad Sandwich (0) 5g on Mini Hoagie (2) 24g Cottage Cheese (1) 6g* Seasonal Fresh Fruit (1) 15g* 1% Milk (1) 12g*	(A) Chicken Gumbo (1) 12g* Green Peas (1) 13g* Seasonal Fruit (1) 15g* WW Dinner Roll (1) 14g 1% Milk (1) 12g* (B) Broccoli & Cheese Quiche (1) 17g January 25, 2021	(A) Beef Stew (1) 11g Corn O'Brien (1) 15g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Potato Crusted Cod (1) 8g* January 26, 2021	(A) Spaghetti with Meat Sauce (2) 31g Broccoli (0) 5g* Seasonal Fruit (1) 15g* WW Dinner Roll (1) 14g 1% Milk (1) 12g* (B) Seafood Alfredo 6oz (2) 35g January 27, 2021	(A) Baked Chicken & Wild Rice (2) 30g Peas and Carrots (1) 9g WW Bread (1) 14g 1% Milk (1) 12g* (B) Brussel Sprout Sweet Potato Sausage Hash (2) 28g* January 28, 2021	(A) Cheese Ravioli with Marinara (2) 27g Asparagus (0) 2g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Tater Tot Casserole (1) 17g January 29, 2021	(A) Broccoli & Cheese Quiche (1) 17g Green Peas (1) 13g* Fruit Juice (1) 15g* WW Dinner Roll (1) 14g 1% Milk (1) 12g* (B) Chicken Gumbo (1) 12g* January 30, 2021	(A) Potato Crusted Cod (1) 8g* (2) 35g Corn O'Brien (1) 15g* Apple Sauce (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Beef Stew (1) 11g January 31, 2021

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 "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.