

May 2021 Menu Route : \_\_\_\_\_



**Menu Instructions:**  
Please circle your choices and return by Thursday 4/15/2021 or as soon as possible. Mark an "X" over the day to cancel or write "Deli, Deli A, Deli B or Deli C" to choose the deli options.

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

DELI MEALS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week of 04/26 to 05/02</b> <b>Mandarin Chicken Salad (2) 22g</b> <b>Vinaigrette (1) 18g*</b> <b>WW Roll (1) 14g</b> <b>Seasonal Fresh Fruit (1) 15g*</b> <b>1% Milk (1) 12g*</b>	<b>(A) Chop Steak (1) 15g</b> Baked Sweet Potato (1) 15g* Broccoli Cuts (0) 5g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* <b>(B) Smothered Chicken with Gravy (1) 11g</b>	<b>(A) Turkey Fricassee with Pasta (2) 28g</b> Asparagus (0) 2g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* <b>(B) Baked Crab Imperial with Pasta (2) 28g</b>	<b>(A) Creamy Rosa Meatballs (2) 24g</b> Cauliflower (0) 4g* Orange Juice (1) 15g* WW Roll (1) 14g 1% Milk (1) 12g* <b>(B) Pineapple Chicken (1) 16g*</b>	<b>(A) Spinach Potato Egg Bake (2) 23g</b> Beets (0) 6g Seasonal Fruit (1) 15g* WW Bread (1) 15g 1% Milk (1) 12g* <b>(B) Braised Italian Sausage and Cabbage (2) 21g</b>	<b>(A) Salmon with Kale, Brussels Sprouts and Cranberries *(1) 18g</b> Wild Rice (1) 15g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* <b>(B) Ginger Garlic Pork Stir Fry (1) 18g</b>	<b>(A) Smothered Chicken with Gravy (1) 11g</b> Baked Sweet Potato (1) 15g* Broccoli Cuts (0) 5g* Fruit Juice (1) 15* WW Bread (1) 14g 1% Milk (1) 12g* <b>(B) Chop Steak (1) 15g</b>	<b>(A) Baked Crab Imperial with Pasta (2) 28g</b> Asparagus (0) 2g* Apple Sauce (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* <b>(B) Turkey Fricassee with Pasta (2) 28g</b>
<b>Week of 05/03 to 05/09</b> <b>Italian Sub Sandwich (Ham, Salami, Pepperoni &amp; Provolone) with Lettuce and Tomato (1) 12g</b> <b>WW Sub Roll (2) 24g</b> <b>Carrot &amp; Celery Sticks (0) 5g*</b> <b>Seasonal Fresh Fruit (1) 15g*</b> <b>1% Milk (1) 12g*</b>	<b>(A) Roast Turkey Breast (0) 4g*</b> Peas and Carrots (1) 9g* Oven Roasted Potato (1) 15g* Seasonal Fruit (1) 15g* WW Dinner Roll (1) 14g 1% Milk (1) 12g* <b>(B) Baked Ham (0) 4g*</b>	<b>(A) Beef Stew (1) 11g</b> Corn O'Brien (1) 15g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* <b>(B) Potato Crusted Cod (1) 8g*</b>	<b>(A) Baked Ziti (2) 33g V</b> Sautéed Mushrooms (0) 1g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* <b>(B) Supreme Pizza (2) 35g</b>	<b>(A) Brussels Sprout, Sweet Potato Sausage Hash (2) 28g*</b> Asparagus (0) 2g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* <b>(B) Baked Chicken &amp; Wild Rice (2) 30g</b>	<b>(A) Vegetable Lasagna (2) 33g V</b> Italian Green Beans (0) 5g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* <b>(B) Chicken &amp; Barley Casserole (2) 29g</b>	<b>(A) Baked Ham (0) 4g*</b> Peas and Carrots (1) 9g* Oven Roasted Potato (1) 15g* Seasonal Fruit (1) 15g* WW Dinner Roll (1) 14g 1% Milk (1) 12g* <b>(B) Roast Turkey Breast (0) 4g*</b>	<b>(A) Potato Crusted Cod (1) 8g*</b> Corn O'Brien (1) 15g* Apple Sauce (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* <b>(B) Beef Stew (1) 11g</b>
<b>Week of 05/10 to 05/16</b> <b>Tuna Salad Sandwich (0) 5g on Mini Hoagie (2) 24g</b> <b>Heavenly Hash w/Apples (1) 17g*</b> <b>Pickled Beets (1) 14g</b> <b>1% Milk (1) 12g*</b>	<b>(A) Pulled Smoked Turkey (0) 0g*</b> Buttered Corn (1) 15g Seasonal Fruit (1) 15g* WW Bun (2) 24g 1% Milk (1) 12g* <b>(B) Sloppy Joe (1) 9g</b>	<b>(A) Stuffed Peppers (1) 9g</b> Green Peas (1) 13g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* <b>(B) Chicken, Zucchini &amp; Parmigiano Casserole with Pasta (2) 20g</b>	<b>(A) Beef Pot Roast (0) 0g</b> Boiled Potatoes, Carrots and Onions (2) 28g Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* <b>(B) Roast Pork (0) 0g</b>	<b>(A) BBQ Chicken Thighs (1) 14g*</b> Green Beans & Potatoes (1) 18g Seasonal Fruit (1) 15g* Biscuit (1) 15g 1% Milk (1) 12g* <b>(B) Pineapple Pork (1) 4g</b>	<b>(A) Tuna Noodle Casserole (2) 32g</b> Asparagus (0) 2g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* <b>(B) Tater Tot Casserole (1) 17g</b>	<b>(A) Sloppy Joe (1) 9g</b> Buttered Corn (1) 15g Fruit Juice (1) 15* WW Bun (2) 24g 1% Milk (1) 12g* <b>(B) Pulled Smoked Turkey* (0) 0g</b>	<b>(A) Chicken, Zucchini &amp; Parmigiano Casserole with Pasta (2) 20g</b> Green Peas (1) 13g* Apple Sauce (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* <b>(B) Stuffed Peppers (1) 9g</b>
<b>Week of 05/17 to 05/23</b> <b>Deli A - Chicken, Bacon, Spinach Ranch Wrap (2) 37g</b> <b>OR</b> <b>Deli B - Roast Beef &amp; Cheddar with Creamy Horseradish (2) 38g</b> <b>OR</b> <b>Deli C - Salmon Caesar Salad (2) 36g</b> <b>Fresh Fruit Cup (1) 27g</b> <b>1% Milk (1) 12g*</b>	<b>(A) Beef Goulash (2) 20g</b> Brussels Sprouts (1) 6g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* <b>(B) Macaroni and Cheese (1) 19g</b>	<b>(A) Scrambled Egg with Turkey Sausage Gravy (1) 18g</b> Broccoli & Cauliflower (0) 6g* Seasonal Fruit (1) 15g* Biscuit (1) 15g 1% Milk (1) 12g* <b>(B) Cheese Grits w/Ham (2) 28g</b>	<b>(A) Brunswick Stew (1) 16g</b> Succotash (0) 17g* Seasonal Fruit (1) 15g* Breadstick (1) 15g 1% Milk (1) 12g* <b>(B) Beans, Sausage &amp; Kale (1) 11g</b>	<b>(A) Honey Mustard Chicken (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>	<b>(A) Vegetarian Mexican Posole (1) 18g V</b> Peas and Carrots (1) 9g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* <b>(B) Broccoli Rice and Chicken (1) 15g</b>	<b>(A) Macaroni and Cheese (1) 19g</b> Brussels Sprouts (1) 6g* Fruit Juice (1) 15* WW Bread (1) 14g 1% Milk (1) 12g* <b>(B) Beef Goulash (2) 20g</b>	<b>(A) Cheese Grits w/Ham (2) 28g</b> Broccoli & Cauliflower (0) 6g* Apple Sauce (1) 15g* Biscuit (1) 15g 1% Milk (1) 12g* <b>(B) Scrambled Egg with Turkey Sausage Gravy (1) 18g</b>
<b>Week of 05/24 to 05/30</b> <b>Corned Beef &amp; Swiss (2) 21g</b> <b>Marble Rye Bread (1) 18g</b> <b>Cole Slaw (0) 5g</b> <b>Seasonal Fresh Fruit (1) 15g*</b> <b>1% Milk (1) 12g*</b>	<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 Egg Bake (1) 17g</b>	<b>(A) BBQ Pulled Chicken (1) 11g*</b> Broccoli Cuts (0) 5g* Baked Sweet Potato (1) 15g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* <b>(B) Smoked Pulled Pork (0) 0g*</b>	<b>(A) Spaghetti with Meat Sauce (2) 31g</b> Mushrooms & Onions (0) 4g* Seasonal Fruit (1) 15g* WW Dinner Roll (1) 14g 1% Milk (1) 12g* <b>(B) Shrimp Scampi (3oz) tossed in Angel Hair (3oz) (2) 29g</b>	<b>(A) Beef &amp; Bean Enchilada (2) 35g</b> Mexican Mixed Veggies (0) 5g Kiwi (1) 10g* Tortilla (1) 15g 1% Milk (1) 12g* <b>(B) Chicken Enchilada Bake (2) 35g</b>	<b>(A) Lemon Butter Cod (0) 0g</b> Wild Rice (1) 15g* Garden Vegetables (0) 5g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* <b>(B) Roast Porkloin (0) 0g*</b>	<b>(A) Broccoli &amp; Cheese Egg Bake (1) 17g</b> Green Peas (1) 16g* Fruit Juice (1) 15* WW Dinner Roll (1) 14g 1% Milk (1) 12g* <b>(B) Chicken Gumbo (1) 12g</b>	<b>(A) Smoked Pulled Pork (0) 0g*</b> Broccoli Cuts (0) 5g* Baked Sweet Potato (1) 15g* Apple Sauce (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* <b>(B) BBQ Pulled Chicken* (1) 11g</b>

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.