

July 2021 Menu Route : \_\_\_\_\_



**Menu Instructions:**  
Please circle your choices and return by Friday 6/18/21 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
<p>Week of 06/28 to 07/04</p> <p>Mandarin Chicken Salad (2) 22g</p> <p>WW Roll (1) 14g</p> <p>Seasonal Fresh Fruit (1) 15g*</p> <p>1% Milk (1) 12g*</p>	<p>(A) Beef Goulash (1) 20g</p> <p>Brussels Sprouts (0) 6g*</p> <p>Seasonal Fruit (1) 15g*</p> <p>WW Bread (1) 14g</p> <p>1% Milk (1) 12g*</p> <p>(B) Macaroni and Cheese (1) 19g</p> <p>June 28, 2021</p>	<p>(A) BBQ Pulled Chicken (1) 11g*</p> <p>Green Beans (0) 5g*</p> <p>Loaded Hash Browns (1) 18g</p> <p>Seasonal Fruit (1) 15g*</p> <p>WW Bread (1) 14g</p> <p>1% Milk (1) 12g*</p> <p>(B) Smoked Pulled Pork (0) 0g*</p> <p>June 29, 2021</p>	<p>(A) Moroccan Chickpea Stew (1) 18g</p> <p>Cauliflower (0) 4g*</p> <p>Orange Juice (1) 15g*</p> <p>WW Roll (1) 14g</p> <p>1% Milk (1) 12g*</p> <p>(B) Adobo Roast Turkey &amp; Beans (2) 21g</p> <p>July 5 meal delivered today</p> <p>June 30, 2021</p>	<p>(A) Cheese Ravioli with Marinara Sauce</p> <p>Asparagus (0) 2g*</p> <p>Seasonal Fruit (1) 15g*</p> <p>Breadstick (1) 15g</p> <p>1% Milk (1) 12g*</p> <p>(B) Tater Tot Casserole (1) 17g</p> <p>July 1, 2021</p>	<p>(A) Salmon Burger (0) 1g</p> <p>Buttered Corn (1) 15g*</p> <p>WW Bun (1) 24g</p> <p>Seasonal Fruit (1) 15g*</p> <p>1% Milk (1) 12g*</p> <p>(B) Brat Burger (0) 4g</p> <p>July 2, 2021</p>	<p>(A) Macaroni and Cheese (1) 19g</p> <p>Brussels Sprouts (0) 6g*</p> <p>Fruit Juice (1) 15g*</p> <p>WW Bread (1) 14g</p> <p>1% Milk (1) 12g*</p> <p>(B) Beef Goulash (1) 20g</p> <p>July 3, 2021</p>	<p>(B) Smoked Pulled Pork (0) 0g*</p> <p><b>Happy Independence Day</b></p> <p>Green Beans (0) 5g*</p> <p>Loaded Hash Browns (1) 18g</p> <p>Apple Sauce (1) 15g*</p> <p>WW Bread (1) 14g</p> <p>1% Milk (1) 12g*</p> <p>(A) BBQ Pulled Chicken (1) 11g*</p> <p>July 4, 2021</p>
<p>Week of 7/5 to 7/11</p> <p>Antipasto Salad (1) 13g</p> <p>Breadstick (1) 14g</p> <p>Pudding Cup (2) 23g</p> <p>Seasonal Fresh Fruit (1) 15g*</p> <p>1% Milk (1) 12g*</p>	<p>(A) BBQ Chicken Thighs (0) 4g*</p> <p>Creamed Peas &amp; Potatoes (2) 21g</p> <p>Seasonal Fruit (1) 15g*</p> <p>Biscuit (1) 15g</p> <p>1% Milk (1) 12g*</p> <p>(B) Pineapple Pork (0) 4g*</p> <p>July 5, 2021</p>	<p>(A) Stuffed Peppers (1) 9g</p> <p>Buttered Corn (1) 15g</p> <p>Seasonal Fruit (1) 15g*</p> <p>WW Bread (1) 14g</p> <p>1% Milk (1) 12g*</p> <p>(B) Ham &amp; Au Gratin Potato (1) 18g</p> <p>July 6, 2021</p>	<p>(A) Italian Meatballs with Onions, Peppers and Mushrooms (1) 18g</p> <p>Green Peas (1) 13g</p> <p>Seasonal Fruit (1) 15g*</p> <p>WW Bread (1) 14g</p> <p>1% Milk (1) 12g*</p> <p>(B) Kielbasa with Onions, Peppers and Mushroom (1) 16g</p> <p>July 7, 2021</p>	<p>(A) Brussels Sprout, Sweet Potato Sausage Hash (2) 28g*</p> <p>Asparagus (0) 2g*</p> <p>Seasonal Fruit (1) 15g*</p> <p>WW Bread (1) 14g</p> <p>1% Milk (1) 12g*</p> <p>(B) Baked Chicken &amp; Wild Rice (2) 30g</p> <p>July 8, 2021</p>	<p>(A) Vegetable Lasagna (2) 33g</p> <p>Italian Green Beans (0) 5g</p> <p>Seasonal Fruit (1) 15g*</p> <p>Breadstick (1) 14g</p> <p>1% Milk (1) 12g*</p> <p>(B) Chicken and Barley Casserole (2) 29g</p> <p>July 9, 2021</p>	<p>(A) Pineapple Pork (0) 4g*</p> <p>Creamed Peas &amp; Potatoes (2) 21g</p> <p>Fruit Juice (1) 15g*</p> <p>Biscuit (1) 15g</p> <p>1% Milk (1) 12g*</p> <p>(B) BBQ Chicken Thighs</p> <p>July 10, 2021</p>	<p>(A) Ham &amp; Au Gratin Potato (1) 18g</p> <p>Buttered Corn (1) 15g</p> <p>Applesauce (1) 15g*</p> <p>WW Bread (1) 14g</p> <p>1% Milk (1) 12g*</p> <p>(B) Stuffed Peppers (1) 9g</p> <p>July 11, 2021</p>
<p>Week of 7/12 to 7/18</p> <p>Chef Salad (1) 8g *</p> <p>Wheat Crackers (1) 15g</p> <p>Seasonal Fresh Fruit (1) 15g*</p> <p>Jello Cup (1) 19g</p> <p>1% Milk (1) 12g*</p>	<p>(A) Greek Chicken, Potatoes and Spinach (2) 24g</p> <p>Garden Vegetables (0) 5g*</p> <p>Seasonal Fruit (1) 15g*</p> <p>WW Bread (1) 15g</p> <p>1% Milk (1) 12g*</p> <p>(B) Bayou Red Beans &amp; Rice with Andouille Sausage (2) 28g</p> <p>July 12, 2021</p>	<p>(A) Meatloaf (1) 9g</p> <p>Mashed Potato (1) 15g</p> <p>Green Beans (0) 5g*</p> <p>Apple Sauce (1) 15g*</p> <p>WW Bread (1) 14g</p> <p>1% Milk (1) 12g*</p> <p>(B) Roast Turkey Breast (0) 4g</p> <p>July 13, 2021</p>	<p>(A) Spaghetti w/Meat Sauce (2) 31 g</p> <p>Sauteed Mushrooms (0) 4g*</p> <p>Orange Juice (1) 15g*</p> <p>WW Bread (1) 14g</p> <p>1% Milk (1) 12g*</p> <p>(B) Pepperoni Pizza (2) 26g</p> <p>July 14, 2021</p>	<p>(A) BBQ Chicken with Summer Succotash (2) 30g</p> <p>Asparagus (0) 2g*</p> <p>WW Bread (1) 15g</p> <p>Seasonal Fruit (1) 15g*</p> <p>1% Milk (1) 12g*</p> <p>(B) Asian Pork with Veggies and Noodles (1) 28g</p> <p>July 15, 2021</p>	<p>(A) Lemon Butter Cod (0) 0g*</p> <p>Wild Rice (1) 15g*</p> <p>Garden Vegetables (0) 5g*</p> <p>Seasonal Fruit (1) 15g*</p> <p>WW Bread (1) 14g</p> <p>1% Milk (1) 12g*</p> <p>(B) Roast Pork (0) 0g*</p> <p>July 16, 2021</p>	<p>(A) Bayou Red Beans &amp; Rice with Andouille Sausage (2) 28g</p> <p>Garden Vegetables (0) 5g*</p> <p>Fruit Juice (1) 15g*</p> <p>WW Bread (1) 15g</p> <p>1% Milk (1) 12g*</p> <p>(B) Greek Chicken, Potatoes and Spinach (2) 24g</p> <p>July 17, 2021</p>	<p>(A) Roast Turkey Breast (0) 4g</p> <p>Mashed Potato (1) 15g</p> <p>Green Beans (0) 5g*</p> <p>Apple Sauce (1) 15g*</p> <p>WW Bread (1) 14g</p> <p>1% Milk (1) 12g*</p> <p>(B) Meatloaf (1) 9g</p> <p>July 18, 2021</p>
<p>Week of 7/19 to 7/25</p> <p>Tuna Salad Sandwich (0) 5g on Mini Hoagie (2) 24g</p> <p>Cottage Cheese (1) 6g*</p> <p>Seasonal Fresh Fruit (1) 15g*</p> <p>1% Milk (1) 12g*</p>	<p>(A) Beef &amp; Bean Chili (1) 16g*</p> <p>Broccoli (0) 5g*</p> <p>Seasonal Fruit (1) 15g*</p> <p>Cornbread (1) 17g</p> <p>1% Milk (1) 12g*</p> <p>(B) Egg, Ham Potato &amp; Cheese Bake (1) 18g *</p> <p>July 19, 2021</p>	<p>(A) Chicken Tinga w/Spanish Rice (2) 31g</p> <p>Peppers &amp; Onions (0) 5g*</p> <p>Seasonal Fruit (1) 15g*</p> <p>WW Bread (1) 14g</p> <p>1% Milk (1) 12g*</p> <p>(B) Turkey Franks &amp; Beans (2) 30g</p> <p>July 20, 2021</p>	<p>(A) Pot Roast Beef (0) 0g</p> <p>Boiled Potatoes, Carrots and Onions (2) 28g</p> <p>Seasonal Fruit (1) 15g*</p> <p>WW Bread (1) 14g</p> <p>1% Milk (1) 12g*</p> <p>(B) Roast Pork (0) 0g</p> <p>July 21, 2021</p>	<p>(A) Honey Mustard Chicken (0) 2g</p> <p>Green Peas (1) 13g*</p> <p>Seasonal Fruit (1) 15g*</p> <p>Mini Hoagie (2) 24g</p> <p>1% Milk (1) 12g*</p> <p>(B) Bratwurst (0) 4g</p> <p>July 22, 2021</p>	<p>(A) Pacific Seafood Bake (2) 28g</p> <p>Baby Carrots (0) 5g*</p> <p>Seasonal Fruit (1) 15g*</p> <p>WW Bread (1) 14g</p> <p>1% Milk (1) 12g*</p> <p>(B) Ground Beef Stroganoff Over Noodles (2) 29g</p> <p>July 23, 2021</p>	<p>(A) Egg, Ham Potato &amp; Cheese Bake (1) 18g *</p> <p>Broccoli (0) 5g*</p> <p>Fruit Juice (1) 15g*</p> <p>Cornbread (1) 17g</p> <p>1% Milk (1) 12g*</p> <p>(B) Beef &amp; Bean Chili (1) 16g*</p> <p>July 24, 2021</p>	<p>(A) Turkey Franks &amp; Beans (2) 30g</p> <p>Peppers &amp; Onions (0) 5g*</p> <p>Apple Sauce (1) 15g*</p> <p>WW Bread (1) 14g</p> <p>1% Milk (1) 12g*</p> <p>(B) Chicken Tinga w/Spanish Rice (2) 31g</p> <p>July 25, 2021</p>
<p>Week of 07/26 to 8/01</p> <p>Chicken and Spinach Salad w/Almonds and a Raspberry Vinaigrette (1) 18g*</p> <p>Pudding Cup (2) 23g</p> <p>Seasonal Fresh Fruit (1) 15g*</p> <p>1% Milk (1) 12g*</p>	<p>(A) Chicken Gumbo (1) 12g*</p> <p>Green Peas (1) 13g*</p> <p>Seasonal Fruit (1) 15g*</p> <p>WW Dinner Roll (1) 14g</p> <p>1% Milk (1) 12g*</p> <p>(B) Broccoli &amp; Cheese Egg Bake (1) 17g</p> <p>July 26, 2021</p>	<p>(A) Spaghetti with Meat Sauce (2) 31g</p> <p>Asparagus (0) 2g*</p> <p>Seasonal Fruit (1) 15g*</p> <p>WW Dinner Roll (1) 14g</p> <p>1% Milk (1) 12g*</p> <p>(B) Seafood Alfredo 6oz (2) 35g</p> <p>July 27, 2021</p>	<p>(B) Braised Pork, Apples, and Sweet Potatoes (2) 29g</p> <p>Broccoli (0) 5g*</p> <p>Orange Juice (1) 15g*</p> <p>WW Roll (1) 14g</p> <p>1% Milk (1) 12g*</p> <p>(A) Mediterranean Chicken Mac and Cheese (2) 33g</p> <p>July 28, 2021</p>	<p>(A) Chicken Soft Taco x2 (0) 0g*</p> <p>Peppers &amp; Onions (0) 5g*</p> <p>Tortilla x2 (2) 30g</p> <p>Seasonal Fruit (1) 15g*</p> <p>w/Lettuce and Tomato (1) 10g*</p> <p>1% Milk (1) 12g*</p> <p>(B) Gyro (0) 0g*</p> <p>With Tzatziki &amp; Feta Cheese</p> <p>July 29, 2021</p>	<p>(A) Macaroni and Cheese (1) 19g</p> <p>Peas &amp; Carrots (1) 9g*</p> <p>Seasonal Fruit (1) 15g*</p> <p>WW Bread (1) 14g</p> <p>1% Milk (1) 12g*</p> <p>(B) Tater Tot Casserole (1) 17g</p> <p>July 30, 2021</p>	<p>(A) Broccoli &amp; Cheese Egg Bake (1) 17g</p> <p>Green Peas (1) 13g*</p> <p>Fruit Juice (1) 15g*</p> <p>WW Dinner Roll (1) 14g</p> <p>1% Milk (1) 12g*</p> <p>(B) Chicken Gumbo (1) 12g*</p> <p>July 31, 2021</p>	<p>(A) Seafood Alfredo 6oz (2) 35g</p> <p>Asparagus (0) 2g*</p> <p>Apple Sauce (1) 15g*</p> <p>WW Dinner Roll (1) 14g</p> <p>1% Milk (1) 12g*</p> <p>(B) Spaghetti with Meat Sauce (2) 31g</p> <p>August 1, 2021</p>

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.

Meal contains ≥800 mg sodium