

October 2021 Menu Route : \_\_\_\_\_



**Menu Instructions:**  
Please circle your choices and return by Wednesday 9/15/21 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 9/27 to 10/3</p> <p>Ham and Apple Salad Wrap (2) 38g</p> <p>Coleslaw (1) 7g Seasonal Fresh Fruit (1) 15g* 1% Milk (1) 12g*</p>					<p>(A) Salmon with Kale, Brussels Sprouts &amp; Cranberries(1)18g*</p> <p>Garden Vegetables (0) 5g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g*</p> <p>(B) Bacon, Egg, Cheese &amp; Hashbrown, Scramble (1) 18g</p> <p>September 1, 2021</p>	<p>(A) Tater Tot Casserole (1) 17g</p> <p>Green Peas (1) 13g* Fruit Juice (1) 15g* WW Dinner Roll (1) 14g 1% Milk (1) 12g*</p> <p>(B) Chicken Gumbo (1) 12g*</p> <p>October 2, 2021</p>	<p>(A) Seafood Alfredo 6oz (2) 35g</p> <p>Green Beans (0) 5g* Apple Sauce (1) 15g* WW Dinner Roll (1) 14g 1% Milk (1) 12g*</p> <p>(B) Beef Stew (1) 19g</p> <p>October 3, 2021</p>
<p>Week of 10/4 to 10/10</p> <p>Tuna Salad Sandwich (0) 5g on Mini Hoagie (2) 24g</p> <p>Broccoli Salad (1) 13g*</p> <p>Seasonal Fresh Fruit (1) 15g* 1% Milk (1) 12g*</p>	<p>(A) Sloppy Joe (0) 6g*</p> <p>Baked Sweet Potato (1) 15g* Cauliflower (0) 5g* Seasonal Fruit (1) 15g* WW Bun (2) 24g 1% Milk (1) 12g*</p> <p>(B) Pulled Smoked Turkey (0) 0g*</p> <p>October 4, 2021</p>	<p>(A) Chicken, Turkey Sausage &amp; Rice Casserole (2) 22g</p> <p>Green Beans (0) 5g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g*</p> <p>(B) Canadian Bacon Pizza (2)26g</p> <p>October 5, 2021</p>	<p>(A) Beef Lo Mein (2) 24g</p> <p>Stir Fry Vegetables (0) 5g WW Bread (1) 14g Orange Juice (1) 15g* 1% Milk (1) 12g*</p> <p>(B) Hoppin John Stew (Ham, Rice, Blackeye Pea, greens) (2) 23g</p> <p>October 6, 2021</p>	<p>(A) BBQ Chicken Thighs (0) 4g*</p> <p>Creamed Peas &amp; Potatoes (1) 21g Seasonal Fruit (1) 15g* Biscuit (1) 15g 1% Milk (1) 12g*</p> <p>(B) Pineapple Pork (0) 4g*</p> <p>October 7, 2021</p>	<p>(A) Red Clam Sauce Over Linguine (2) 25g</p> <p>Brussels Sprouts (0) 6g* Seasonal Fruit (1) 15g* Breadstick (1) 14g 1% Milk (1) 12g*</p> <p>(B) Mediterranean Herb Chicken over Linguini (2) 25g</p> <p>October 8, 2021</p>	<p>(A) Pulled Smoked Turkey (0) 0g*</p> <p>Baked Sweet Potato (1) 15g* Cauliflower (0) 5g* Fruit Juice (1) 15g* WW Bun (2) 24g 1% Milk (1) 12g*</p> <p>(B) Sloppy Joe (0) 6g*</p> <p>October 9, 2021</p>	<p>(A) Canadian Bacon Pizza (2)26g</p> <p>Green Beans (0) 5g* Apple Sauce (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g*</p> <p>(B) Chicken, Turkey Sausage &amp; Rice Casserole (2) 22g</p> <p>October 10, 2021</p>
<p>Week of 10/11 to 10/17</p> <p>Roast Beef Sandwich w/Cheddar Cheese (2) 38g</p> <p>Baby Carrots (0) 4g</p> <p>Seasonal Fresh Fruit (1) 15g* 1% Milk (1) 12g*</p>	<p>(A) Meatloaf (1) 9g</p> <p>Mashed Potato (1) 15g Green Beans (0) 5g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g*</p> <p>(B) Roast Turkey Breast (0) 4g</p> <p>October 11, 2021</p>	<p>(A) Beef Stew (1) 19g</p> <p>Broccoli Cuts (0) 5g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g*</p> <p>(B) Ginger Chicken and Brown Rice (1) 19g</p> <p>October 12, 2021</p>	<p>(A) Spaghetti w/Meat Sauce (2) 31g</p> <p>Sauteed Mushrooms (0) 4g* Orange Juice (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g*</p> <p>(B) Baked Crab Imperial with Pasta (2) 28g</p> <p>October 13, 2021</p>	<p>(A) Shrimp Jambalaya (2) 27g</p> <p>Baby Carrot (0) 5g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g*</p> <p>(B) Baked Ziti (2) 33g</p> <p>October 14, 2021</p>	<p>(A) Lemon Butter White Fish (0) 0g</p> <p>Wild Rice (1) 15g* Garden Vegetables (0)5g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g*</p> <p>(B) Roast Pork (0) 0g*</p> <p>October 15, 2021</p>	<p>(A) Roast Turkey Breast (0) 4g</p> <p>Mashed Potato (1) 15g Green Beans (0) 5g* Fruit Juice (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g*</p> <p>(B) Meatloaf (1) 9g</p> <p>October 16, 2021</p>	<p>(A) Ginger Chicken and Brown Rice (1) 19g*</p> <p>Broccoli Cuts (0) 5g* Apple Sauce (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g*</p> <p>(B) Beef Stew (1) 19g</p> <p>October 17, 2021</p>
<p>Week of 10/18 to 10/24</p> <p>Chicken and Spinach Salad w/Almonds and a Raspberry Vinaigrette (1) 18g*</p> <p>Pudding Cup (2) 23g Seasonal Fresh Fruit (1) 15g* 1% Milk (1) 12g*</p>	<p>(A) Pot Roast Beef (0) 0g</p> <p>Boiled Potatoes, Carrots and Onions (2) 28g Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g*</p> <p>(B) Chicken Thighs with Gravy (1) 11g</p> <p>October 18, 2021</p>	<p>(A) Ginger Garlic Pork &amp; Vegetable Stir Fry (1) 18g*</p> <p>Wild Rice (1) 15g Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g*</p> <p>(B) Chicken Ratatouille (1) 8g* (Tomatoes, peppers, onions, eggplant)</p> <p>October 19, 2021</p>	<p>(A) Sweet and Sour Meatballs (2) 24g</p> <p>Asparagus (0) 2g* Orange Juice (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g*</p> <p>(B) Salmon Provencal with Linguine (2) 26g</p> <p>October 20, 2021</p>	<p>(A) Chicken Breast Florentine (1) 8g</p> <p>Green Beans &amp; Potato (1) 15g* Seasonal Fruit (1) 15g* WW Bread (1) 15g 1% Milk (1) 12g*</p> <p>(B) Kielbasa w/ Peppers &amp; Onions (1) 8g*</p> <p>October 21, 2021</p>	<p>(A) Tuna Noodle Casserole (2) 32g</p> <p>Baby Carrots (0) 5g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g*</p> <p>(B) Ground Beef Stroganoff Over Noodles (2) 29g</p> <p>October 22, 2021</p>	<p>(A) Chicken Thighs with Gravy (1) 11g</p> <p>Boiled Potatoes, Carrots and Onions (2) 28g Fruit Juice (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g*</p> <p>(B) Pot Roast Beef (0) 0g</p> <p>October 23, 2021</p>	<p>(A) Chicken Ratatouille (1) 8g*</p> <p>Wild Rice (1) 15g Apple Sauce (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g*</p> <p>(B) Ginger Garlic Pork &amp; Vegetable Stir Fry (1) 18g*</p> <p>October 24, 2021</p>
<p>Week of 10/25 to 10/31</p> <p>Ham &amp; Swiss Sandwich (0) 5g WW Bread (2) 28g</p> <p>Carrot Raisin Salad (1) 12g Grapes (1) 18g*</p> <p>1% Milk (1) 12g*</p>	<p>(A) Beef Goulash (1) 20g</p> <p>Brussels Sprouts (0) 6g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g*</p> <p>(B) Macaroni and Cheese (1) 19g</p> <p>October 25, 2021</p>	<p>(A) BBQ Pulled Chicken (1) 11g*</p> <p>Cauliflower (0) 5g* Baked Sweet Potato (1) 15g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g*</p> <p>(B) BBQ Pork (0) 0g*</p> <p>October 26, 2021</p>	<p>(A) Chicken Soft Taco x2 (0) 0g*</p> <p>Peppers &amp; Onions (0)5g* Tortilla x2 (2) 30g w/ Lettuce and Tomato (1) 10g* Orange Juice (1) 15g* 1% Milk (1) 12g*</p> <p>(B) Gyro (0) 0g* with Tzatziki &amp; Feta Cheese</p> <p>October 27, 2021</p>	<p>(A) Cheese Ravioli with Marinara Sauce (2) 27g</p> <p>Asparagus (0) 2g* Seasonal Fruit (1) 15g* Breadstick (1) 15g 1% Milk (1) 12g*</p> <p>(B) Tater Tot Casserole (1) 17g</p> <p>October 28, 2021</p>	<p>(A) Salmon Burger (0) 1g</p> <p>Buttered Corn (1) 15g* WW Bun (1) 24g Seasonal Fruit (1) 15g* 1% Milk (1) 12g*</p> <p>(B) Brat Burger (0) 4g</p> <p>October 29, 2021</p>	<p>(A) Macaroni and Cheese (1) 19g</p> <p>Brussels Sprouts (0) 6g* Fruit Juice (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g*</p> <p>(B) Beef Goulash (1) 20g</p> <p>October 30, 2021</p>	<p>(A) BBQ Pork (0) 0g*</p> <p>Green Beans (0) 5g* Baked Sweet Potato (1) 15g* Apple Sauce (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g*</p> <p>(B) BBQ Pulled Chicken (1) 11g*</p> <p>October 31, 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 At-Home Services>>Meals on Wheels

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

\*Gluten Free item.

All menu items are subject to change.

Item contains ≥800 mg sodium