




November 2021 Menu **Route :** _____



Menu Instructions:
Please circle your choices and return by Wednesday 10/13/21 or as soon as possible. Mark an "X" over the day to CANCEL. Write "DELI" over the day to choose the deli option.

First and Last Name: _____

DELI MEALS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week of 11/01 to 11/07	(A) Turkey Breast (0) 4g Mashed Potato (1) 15g* Green Bean Casserole (1) 8g Seasonal Fruit (1) 15g* WW Dinner Roll (1) 14g 1% Milk (1) 12g* (B) Honey Glazed Ham (0) 6g	(A) Beef and Bean Chili (2) 26g Garden Vegetables (0) 5g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Chicken in Butter Garlic Caper Sauce (0) 2g Linguini (1) 23g	(A) Honey Mustard Chicken (0) 2g Potato Wedges (1) 15g* Green Peas (1) 13g* Orange Juice (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Meatloaf (1) 9g	(A) Smoked Ham, Cabbage & Potatoes (2) 23g* Baby Carrots (1) 7g* Seasonal Fruit (1) 15g* WW Dinner Roll (1) 14g 1% Milk (1) 12g* (B) Pacific Seafood Bake (2) 28g	(A) Tuna Noodle Casserole (2) 32g Asparagus (0) 2g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Cheese Pizza (1) 23g	(A) Honey Glazed Ham (0) 6g Mashed Potato (1) 15g Green Bean Casserole (1) 8g Fruit Juice (1) 15* WW Dinner Roll (1) 14g 1% Milk (1) 12g* (B) Turkey Breast (0) 4g	(A) Chicken in Butter Garlic Caper Sauce (0) 2g Linguini (1) 23g Garden Vegetables (0) 5g* Apple Sauce (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Beef and Bean Chili (2) 26g
Week of 11/8 to 11/14	(A) Chicken Breast Sandwich (0) 0g Green Beans and Potatoes (1) 20g* Seasonal Fruit (1) 15g* WW Bun (2) 24g 1% Milk (1) 12g* (B) Hamburger (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	(A) Chicken & Noodles (2) 31g Garden Vegetables (0) 5g* WW Bread (1) 15g Orange Juice (1) 15g* 1% Milk (1) 12g* (B) Shrimp Diablo with Rice and Beans (1) 26g	(A) Italian Meatballs with Onions, Peppers and Mushrooms (1) 18g Baby Carrots (1) 7g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Baked Potato with Cheddar, Broccoli & Bacon (2) 26g*	(A) Vegetable Lasagna (2) 33g Italian Green Beans (0) 5g* Seasonal Fruit (1) 15g* Breadstick (1) 14g 1% Milk (1) 12g* (B) Braised Pork, Apples, and Sweet Potatoes (2) 29g	(A) Hamburger (0) 0g Green Beans and Potatoes (1) 20g* Fruit Juice (1) 15* WW Bun (2) 24g 1% Milk (1) 12g* (B) Chicken Breast Sandwich (0) 0g	(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
Week of 11/15 to 11/21	(A) BBQ Chicken Thighs (0) 4g* Creamed Peas and Potatoes (1) 21g Seasonal Fruit (1) 15g* Biscuit (1) 15g 1% Milk (1) 12g* (B) Pulled Pork (0) 4g*	(A) Brussels Sprout, Sweet Potato Sausage Hash (2) 28g* Asparagus (0) 2g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Ground Beef Stroganoff Over Noodles (2) 29g	(A) Spaghetti w/Meat Sauce (2) 31 g Broccoli Cuts (0) 5g* Orange Juice (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Pepperoni Pizza (2) 26g	(A) Pot Roast Beef (0) 0g Boiled Potatoes, Carrots and Onions (2) 28g Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Roast Pork (0) 0g	(A) Potato Crusted Cod (1) 8g* Peas & Carrots (1) 10g* Seasonal Fruit (1) 15g* Breadstick (1) 15g 1% Milk (1) 12g* (B) Chorizo & Egg Bake (6oz) (1) 10g	(A) Pulled Pork (0) 4g* Creamed Peas and Potatoes (1) 21g Fruit Juice (1) 15* Biscuit (1) 15g 1% Milk (1) 12g* (B) BBQ Chicken Thighs (0) 4g*	(A) Ground Beef Stroganoff Over Noodles (2) 29g Asparagus (0) 2g* Apple Sauce (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Brussels Sprout, Sweet Potato Sausage Hash (2) 28g*
Week of 11/22 to 11/28	(A) Beef Stew (1) 19g Green Beans (0) 5g* Seasonal Fruit (1) 15g* WW Dinner Roll (1) 14g 1% Milk (1) 12g* (B) Seafood Alfredo 6oz (2) 35g	(A) Macaroni and Cheese (1) 19g Broccoli Cuts (0) 5g Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Chicken Ratatouille (1) 8g* <i>Tomatoes, onions, peppers & eggplant</i> Thanksgiving Meals Delivered	(A) BBQ Chicken Breast (0) 3g* Garden Vegetables (0) 5g* Rice Pilaf (1) 15g* Orange Juice (1) 15g* WW Bread (1) 15g 1% Milk (1) 12g* (B) Baked Pork Chop with Applesauce (1) 15g*	(A) Turkey Breast (0) 4g Mashed Potato (1) 15g Green Bean Casserole (1) 8g Seasonal Fruit (1) 15g* WW Dinner Roll (1) 14g 1% Milk (1) 12g* (B) Honey Glazed Ham (0) 6g Happy Thanksgiving <i>No deliveries today</i> <i>Meals delivered 11/23</i>	(A) Cheese Ravioli with Marinara (2) 27g Brussels Sprouts (0) 6g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Chicken and Barley Casserole (2) 29g	(A) Seafood Alfredo 6oz (2) 35g Green Beans (0) 5g* Fruit Juice (1) 15* WW Dinner Roll (1) 14g 1% Milk (1) 12g* (B) Beef Stew (1) 19g	(A) Chicken Ratatouille (1) 8g* <i>Tomatoes, onions, peppers & eggplant</i> Broccoli Cuts (0) 5g Apple Sauce (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Macaroni and Cheese (1) 19g
Week of 11/29 to 12/5	(A) Chicken Gumbo (1) 12g* Green Peas (1) 13g* Seasonal Fruit (1) 15g* WW Dinner Roll (1) 14g 1% Milk (1) 12g* (B) Tater Tot Casserole (1) 17g	(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	  				

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.

 Entree contains ≥800 mg sodium