

January 2022 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 01/01 to 01/02 Chef Salad (1) 8g* 🍌 Wheat Crackers (1) 15g Seasonal Fresh Fruit (1) 15g* Jello Cup (1) 19g 1% Milk (1) 12g*						(A) Macaroni and Cheese (1) 19g Brussels Sprouts (0) 6g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Beef Goulash (1) 20g	(A) BBQ Pork (0) 0g* 🍌 Broccoli Cuts (0) 5g* Wild Rice (1) 15g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) BBQ Pulled Chicken (1) 11g*
Week of 01/03 to 01/09 Egg Salad (0) 3g Croissant (2) 28g Celery Sticks (0) 5g* Peanut Butter Cup (1) 6g Seasonal Fresh Fruit (1) 15g* 1% Milk (1) 12g*	(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 & Augratin 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) Vegetarian Mexican Posole (1) 18g Green Peas (1) 13g* Seasonal Fruit (1) 15g* WW Dinner Roll (1) 14g 1% Milk (1) 12g* (B) Broccoli Rice and Chicken (1) 15g	January 1, 2022 (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	January 2, 2022 (A) Ham & Augratin 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 01/10 to 01/16 Chicken, Bacon, Spinach Ranch Wrap (2) 37g Seasonal Fresh Fruit (1) 15g* 1% Milk (1) 12g*	(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* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Pepperoni Pizza (2) 26g 🍌	(A) Beef and Bean Enchilada (2) 35g Garden Vegetables (0) 5g* Seasonal Fruit (1) 15g* WW Dinner Roll (1) 14g 1% Milk (1) 12g* (B) Shrimp Scampi w/Angel Angel Hair Pasta (2) 29g	(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 🍌	January 10, 2022 (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* 🍌	January 9, 2022 (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 01/17 to 01/23 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) 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) Sweet Potato Black Bean Chili (2) 29g 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>	(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 🍌	(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	January 17, 2022 (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	January 23, 2022 (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) Sweet Potato Black Bean Chili (2) 29g
Week of 01/24 to 01/30 Tuna Salad Sandwich (0) 5g on Mini Hoagie (2) 24g Broccoli Salad (1) 13g* 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) 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	(A) BBQ Meatballs (2) 26g Broccoli Cuts (0) 5g Baby Carrots (0) 5g* Orange Juice (1) 15g* WW Dinner Roll (1) 14g 1% Milk (1) 12g* (B) Pineapple Chicken (1) 16g*	(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 🍌	(A) Beef Goulash (2) 20g Beets (1) 13g* Seasonal Fruit (1) 15g* WW Dinner Roll (1) 14g 1% Milk (1) 12g* (B) Broccoli & Cheese Egg Bake (1) 17g	January 24, 2022 (A) Tater Tot Casserole (1) 17g Green Peas (1) 13g* Seasonal Fruit (1) 15g* WW Dinner Roll (1) 14g 1% Milk (1) 12g* (B) Chicken Gumbo (1) 12g* 🍌	January 30, 2022 (A) Smothered Chicken with Gravy (1) 11g Baked Sweet Potato (1) 15g* Cauliflower (0) 4g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Chop Steak (1) 15g
<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 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</p>							