

June 2022 Menu Route : _____



Menu Instructions:
Please circle your choices and return by Tuesday 05/17/22 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 05/30 to 06/05			(A) Stuffed Cabbage Roll (2) 25g Baby Carrots (0) 5g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Baked Shredded Chicken & Wild Rice (2) 30g	(A) Honey Mustard Chicken Breast (0) 2g Green Peas (1) 13g* Seasonal Fruit (1) 15g* Mini Hoagie (2) 24g 1% Milk (1) 12g* (B) 1/4 lb Beef Hotdog (0) 6g	(A) Lemon Butter Potato Crusted Cod (0) 8g Asparagus (0) 2g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Roast Chop and Stuffing (2) 25g	(A) Ham & Au gratin Potato (1) 18g Buttered Corn (1) 15g* Fruit Juice (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Stuffed Peppers (1) 9g	(A) Bayou Red Beans & Rice with Andouille Sausage (2) 28g Peppers & Onions (0) 5g* Apple Sauce (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Shredded Chicken Tinga W/ Spanish Rice (2) 31g
Week of 6/06 to 6/12	(A) Sloppy Joe (0) 6g* O'Brien Potatoes (2) 25g Seasonal Fruit (1) 15g* WW Bun (2) 24g 1% Milk (1) 12g* (B) Pulled Smoked Turkey (0) 0g*	(A) Chicken, Turkey Sausage & Rice Casserole (2) 22g Green Beans (0) 5g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Canadian Bacon Pizza (2) 26g	(A) BBQ Chicken Thighs (0) 4g* Creamed Peas & Potatoes (2) 21g Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Pineapple Pork (0) 4g*	(A) Swedish Meatballs (1) 8g Buttered Corn (1) 15g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Portuguese Bean Stew (1) 17g	(A) Cheese Stuffed Shells (2) 38g Peas & Carrot (0) 9g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Chicken Fried Chicken (2) 24g	(A) Pulled Smoked Turkey (0) 0g* O'Brien Potatoes (2) 25g Fruit Juice (1) 15g* WW Bun (2) 24g 1% Milk (1) 12g* (B) Sloppy Joe (0) 6g*	(A) Canadian Bacon Pizza (2) 26g Green Beans (0) 5g* Apple Sauce (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Chicken, Turkey Sausage & Rice Casserole (2) 22g
Week of 6/13 to 6/19	(A) Smothered Chicken Breast with Gravy (1) 11g Harvard Beets (1) 15g Seasonal Fruit (1) 15g* WW Bread (1) 15g 1% Milk (1) 12g* (B) Korean BBQ Pulled Pork (0) 4g*	(A) Spaghetti w/Meat Sauce (2) 31g Asparagus (0) 2g* Orange Juice (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Chinese Shredded Ginger Chicken & Brown Rice (1) 19g	(A) Irish Beef Stew (2) 21g Sautéed Mushrooms (0) 4g* Orange Juice (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) BBQ Pulled Chicken (0) 4g*	(A) Primavera Penne Florentine (2) 30g Green Beans (1) 5g* Seasonal Fruit (1) 15g* WW Bread (1) 15g 1% Milk (1) 12g* (B) Kielbasa w/ Peppers & Onions (1) 8g*	(A) BBQ Chicken Wings* (1) 13g Wild Rice and Garden Vegetables (1) 20g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Baked Ziti (2) 33g (1) 13g*	(A) Korean BBQ Pulled Pork (0) 4g* Harvard Beets Fruit Juice (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Smothered Chicken Breast with Gravy (1) 11g	(A) Chinese Shredded Ginger Chicken and Brown Rice (1) 19g* Asparagus (0) 2g* Apple Sauce (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Spaghetti w/Meat Sauce (2) 31g
Week of 6/20 to 6/26	(A) Meatloaf (1) 9g Loaded Mashed Potato (1) 17g (Broccoli, corn, onion, bacon & cheese) Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Roast Turkey Breast (0) 4g	(A) Pork Carnitas Breakfast Bowl (1) 11g* Cilantro Lime Rice (2) 23g Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Chicken Chili Verde (2) 21g*	(A) Baked Chicken Breast Parmesan (breaded) (1) 17g Broccoli Cuts (0) 5g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Baked Crab Imperial with Pasta (2) 28g	(A) Beef and Cheese Empinada (1) 15g Succotash (1) 17g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) BBQ Pork Riblet (1) 13g*	(A) Tuna Mushroom Casserole (2) 21g Baby Carrots (0) 5g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Ground Beef Stroganoff Over Noodles (2) 29g	(A) Roast Turkey Breast (0) 4g Loaded Mashed Potato (1) 17g (Broccoli, corn, onion, bacon & cheese) Fruit Juice (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Meatloaf (1) 9g (1) 20g	(A) Chicken Chili Verde (2) 21g* Cilantro Lime Rice (2) 23g Apple Sauce (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Pork Carnitas Breakfast Bowl (1) 11g*
Week of 6/27 to 7/03	(A) Beef Goulash (1) 20g Cauliflower & Broccoli (1) 15g Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Macaroni and Cheese (1) 19g	(A) Thai BBQ Shredded Chicken (0) 0g* Broccoli Rice Casserole (1) 15g Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Pork Chop (0) 0g*	(A) Chop Steak & Gravy (1) 15g Peas & Carrot (0) 9g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* 4th of July Meals Delivered (B) Ham and Au gratin Potatoes Casserole (1) 18g	(A) Cheese Ravioli with Marinara Sauce (2) 27g Asparagus (0) 2g* Seasonal Fruit (1) 15g* Breadstick (1) 15g 1% Milk (1) 12g* (B) Tater Tot Casserole (1) 17g		(A) Macaroni and Cheese (1) 19g Cauliflower & Broccoli (1) 15g Fruit Juice (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Beef Goulash (1) 20g	(A) Pork Chop (0) 0g* Broccoli Rice Casserole (1) 15g* Apple Sauce (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Thai BBQ Shredded Chicken (0) 0g

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.

To view menus or for other information, please visit www.wesleylife.org and select "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. Entree contains >800 mg sodium