

August 2022 Menu Route : _____



Menu Instructions:
Please circle your choices and return by Tuesday 07/14/22 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 8-1 to 8-7 Tuna Salad Sandwich (0) 5g on Mini Hoagie (2) 24g Broccoli Salad (1) 13g* Seasonal Fresh Fruit (1) 15g* 1% Milk (1) 12g*	(A) BBQ Chicken Breast (0) 4g* Chive Scalloped Potatoes (2) 24g Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Pineapple Pork (0) 4g*	(A) Cheese Tortellini with Alfredo Sauce (2) 27g Green Beans (0) 5g* Orange Juice (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Pulled Smoked Turkey with Cranberry Relish (1) 12g*	(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) Sweet and Sour Chicken Breast (1) 13g 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 Pork Chop and Stuffing (2) 25g	(A) Pineapple Pork (0) 4g* Chive Scalloped Potatoes (2) 24g Fruit Juice (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) BBQ Chicken Breast (0) 4g*	(A) Pulled Smoked Turkey with Cranberry Relish (1) 12g* Green Beans (0) 5g* Apple Sauce (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Cheese Tortellini with Alfredo Sauce (2) 27g
Week of 8-8 to 8-14 Chicken Caesar Salad with Croutons (1) 15g Jello Cup (1) 19g Celery Sticks (0) 5g* Garden Veg Cream Cheese(0) 2g Grapes (1) 18g* 1% Milk (1) 12g*	(A) Sloppy Joe (0) 6g* O'Brien Potatoes (2) 25g Seasonal Fruit (1) 15g* WW Bun (2) 24g 1% Milk (1) 12g* (B) Chicken Burger (0) 4g	(A) Chicken, Turkey Sausage & Rice Casserole (2) 22g Garden Vegetables (0) 5g* Orange Juice (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Canadian Bacon Pizza (2) 26g	(A) Honey Mustard Chicken Drumsticks (0) 4g* 4 Bean Medley (1) 12g Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) BBQ Beef (0) 0g	(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 Tenders (2) 24g	(A) Chicken Burger (0) 4g* 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 Garden Vegetables (0) 5g* Apple Sauce (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Chicken, Turkey Sausage & Rice Casserole (2) 22g
Week of 8-15 to 8-21 Ham Sandwich with Lettuce and Tomato (1) 8g WW Bun (2) 24g Cottage Cheese (1) 6g Seasonal Fresh Fruit (1) 15g* 1% Milk (1) 12g*	(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 Garden Vegetables (0) 5g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Brazilian Chicken (0) 8g*	(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) Spinach and Mushroom Brunch Bake (1) 18g	(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 8-22 to 8-28 Cheese Tortellini Antipasta Salad (2) 22g Green Pea & Cheese Salad (0) 7g Breadstick (1) 14g Seasonal Fresh Fruit (1) 15g* 1% Milk (1) 12g*	(A) Meatloaf (1) 9g Wild Rice, Squash and Mushroom Stuffing (1) 16g Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Roast Turkey Breast (0) 4g	(A) Pancakes (2) 20g Maple Syrup (1) 13g Turkey Sausage (0) 0g Country Potatoes Orange Juice (1) 15g* Biscuit (1) 15g 1% Milk (1) 12g* (B) Chicken Fried Steak w/Country Gravy (2) 32g	(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) BBQ Pork Riblet (1) 13g* Succotash (1) 17g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Beef and Cheese Empinada (1) 15g	(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 Wild Rice, Squash and Mushroom Stuffing (1) 16g Fruit Juice (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Meatloaf (1) 9g (1) 20g	(A) Chicken Fried Steak w/Country Gravy (2) 32g Country Potatoes Seasonal Fruit (1) 15g* Biscuit (1) 15g 1% Milk (1) 12g* (B) Pancakes (2) 20g Maple Syrup (1) 13g Turkey Sausage (0) 0g
Week of 8-29 to 8-31 Chicken Salad on a WW Bun (2) 35g Macaroni Salad (1) 15g Seasonal Fresh Fruit (1) 15g* 1% Milk (1) 12g*	(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) BBQ Meatballs (2) 26g Broccoli Rice Casserole (1) 15g Orange Juice (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Breaded Pork Cutlet with Country Gravy (1) 10g	(A) Chop Steak & Gravy (1) 15g Peas & Carrot (0) 9g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Ham and Au gratin Potatoes Caserole (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) Salmon Burger (0) 1g Buttered Corn (1) 15g* WW Bun (1) 24g Seasonal Fruit (1) 15g* 1% Milk (1) 12g* (B) Brat Burger (0) 4g	(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) Breaded Pork Cutlet with Country Gravy (1) 10g Broccoli Rice Casserole (1) 15g* Apple Sauce (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) BBQ Meatballs (2) 26g

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