

Sept 2022 Menu Route : _____



Menu Instructions:
Please circle your choices and return by Wed 08/17/22 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 9/01 to 9/04 Chicken Salad* on a WW Bun (2) 35g Macaroni Salad (1) 15g Seasonal Fresh Fruit (1) 15g* 1% Milk (1) 12g*			Labor Day Meals Delivered August 31, 2022	(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
Week of 9/05 to 9/11 Cottage Cheese and* Fruit Plate (2) 29g* Yogurt (0) 6g* Granola (1) 18g 1% Milk (1) 12g*	(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 Empanada (1) 15g Labor Day September 5, 2022	(A) Spaghetti w/Meat Sauce (2) 31g Broccoli Florets (0) 5g* Orange Juice (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Chicken Corn Chowder* (1) 18g	(A) BBQ Meatballs (2) 26g Green Peas (1) 13g* Baby Carrots (0) 5g* Orange Juice (1) 15g* WW Bread (1) 15g 1% Milk (1) 12g* (B) Cajon Peach Chicken Breast* (1) 16g*	(A) Savory Chicken Thighs (0) 4g* Rice Pilaf with Garden Vegetables (1) 20g Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Apple Ginger Pork chop (0) 1g*	(A) Baked Cod crusted with* Horseradish Dill Potato (1) 16g Italian Green Beans (0) 5g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Spinach and Cheese Lasagna (2) 30g	(A) Beef and Cheese Empanada (1) 15g Succotash (1) 17g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) BBQ Pork Riblet (1) 13g*	(A) Chicken Corn Chowder* (1) 18g Broccoli Florets (0) 5g* Orange Juice (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Spaghetti w/Meat Sauce (2) 31g
Week of 9/12 to 9/18 Egg Salad (0) 3g* Croissant (2) 28g Carrot & Celery Sticks (0) 5g* Seasonal Fresh Fruit (1) 15g* 1% Milk (1) 12g*	(A) French Toast (2) 20g Maple Syrup (1) 13g Turkey Sausage (0) 0g Country Potatoes (2) 25g Seasonal Fruit (1) 15g* Biscuit (1) 15g 1% Milk (1) 12g* (B) Turkey Sausage Gravy (0) 4g Scrambled Eggs (0) 1g September 12, 2022	(A) Sesame Chicken with Stir Fry Vegetables (1) 16g White Rice (2) 24g Seasonal Fruit (1) 15g* WW Dinner Roll (1) 12g 1% Milk (1) 12g* (B) Baked Pork Chop with Applesauce (1) 15g*	(A) BBQ Chicken Breast (0) 3g* Red Beans and Rice (2) 32g* Orange Juice (1) 15g* WW Bread (1) 15g 1% Milk (1) 12g* (B) Supreme Pizza (2) 26g	(A) Turkey Breast (0) 4g* Green Beans (0) 5g* Mashed Potato (1) 17g* Seasonal Fruit (1) 15g* WW Bread (1) 15g 1% Milk (1) 12g* (B) Honey Glazed Ham (0) 6g*	(A) Broccoli & Cheese Egg Bake* (1) 17g Brussels Sprouts (0) 6g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (A) Mongolian Beef with Jasmin Rice (2) 34g*	(A) Turkey Sausage Gravy (0) 4g with Scrambled Eggs (0) 1g Country Potatoes Seasonal Fruit (1) 15g* Biscuit (1) 15g 1% Milk (1) 12g* (B) French Toast (2) 20g Maple Syrup (1) 13g Turkey Sausage (0) 0g	(A) Baked Pork Chop with Applesauce (1) 15g* White Rice (2) 24g Apple Sauce (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Sesame Chicken with Stir Fry Vegetables (1) 16g
Week of 9/19 to 9/25 Chicken and Spinach Salad with Strawberries* and Raspberry Vinaigrette (1) 18g Pudding Cup (2) 23g Seasonal Fresh Fruit (1) 15g* 1% Milk (1) 12g*	(A) Chicken Breast* (0) 3g Potatoes with Peppers & Onions (1) 14g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Grilled Kielbasa with Sauerkraut (0) 6g September 19, 2022	(A) Chop Steak (1) 15g Wild Rice, Squash and Mushroom Stuffing (1) 16g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Smothered Chicken* with Gravy (1) 11g	(A) Baked Chicken & Wild Rice (2) 30g Baby Carrots (0) 5g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Corned Beef Hash (1) 19g	(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 (A) Honey Mustard Chicken Sandwich (0) 2g*	(B) Suncreek Potatoes with Cheddar Cheese & Chives* (2) 26g Broccoli Florets (0) 5g* Seasonal Fruit (1) 15g* WW Bread (1) 15g 1% Milk (1) 12g* (B) Chicken and Spinach Casserole (2) 22g	(A) Grilled Kielbasa with Sauerkraut (0) 6g Potatoes with Peppers & Onions (0) 5g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Chicken Nuggets (1) 18g	(A) Smothered Chicken* with Gravy (1) 11g Wild Rice, Squash and Mushroom Stuffing (1) 16g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Chop Steak (1) 15g
Week of 9/26 to 10/02 Tortellini Antipasto Salad (1) 17g 3 Bean Salad (1) 10g* Breadstick (1) 15g Seasonal Fresh Fruit (1) 15g* 1% Milk (1) 12g*	(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 September 26, 2022	(A) Chicken Leg Quarter (0) 0g* Wild Rice with Mixed Vegetables (1) 33g Seasonal Fruit (1) 15g* WW Bread (1) 15g 1% Milk (1) 12g* (B) Ham and Collard Greens (1) 16g*	(A) Beef and Bean Enchilada (2) 35g Peas & Carrots (1) 19g Seasonal Fruit (1) 15g* WW Bread (1) 15g 1% Milk (1) 12g* (B) Shrimp Scampi Angel Hair Pasta (2) 29g	(A) 1/4 lb Beef Hotdog (0) 6g Green Peas (1) 13g* Seasonal Fruit (1) 15g* Mini Hoagie (2) 24g 1% Milk (1) 12g* (B) Italian Grinder w/Peppers & Onion Sandwich (0) 5g*	(A) Tuna Noodle Casserole (2) 32g Asparagus (0) 2g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Vegetable Egg Rolls x2 (2) 24g	(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	(A) Ham and Collard Greens (1) 16g Wild Rice with Mixed Vegetables (1) 33g Fruit Juice (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Chicken Leg Quarter (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.

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

*Gluten Free item.

All menu items are subject to change.

Entree contain 800 mg sodium

C contains Pork
