

November 2022 Menu Route : _____



Menu Instructions:
Please circle your choices and return by Thursday 10/17/22 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 10-31 Salmon Caesar Salad (1) 18g WW Dinner Roll (1) 14g Fruit Salad (1) 8g * Pudding Cup (2) 23g 1% Milk (1) 12g*	(A) Rosemary Chicken Thigh (0) 0g* 5 way mixed vegetables (1) 10g * Baked Sweet Potato (1) 15g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Roast Pork and Gravy (1) 7g*	(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) Chicken in lemon butter Garlic Caper Sauce (1) 9g	(A) Brown Sugar Baked Ham (0) 6g * 🐷 Cornbread Stuffing (2) 18g Green Bean Casserole (1) 8g Seasonal Fruit (1) 15g* WW Roll (1) 12g 1% Milk (1) 12g* (B) Pot Roast (0) 0g Same meal as Thanksgiving	(A) BBQ Chicken Breast (0) 3g 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 Baby Carrots (0) 5g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Roast Pork Chop and Stuffing (2) 25g 🐷	(A) Roast Pork and Gravy (1) 7g* 5 way mixed vegetables (1) 10g * Baked Sweet Potato (1) 15g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Rosemary Chicken Thigh (0) 0g*	(A) Chicken in lemon butter Garlic Caper Sauce (1) 9g Green Beans (0) 5g* Apple Sauce (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Cheese Tortellini with Alfredo Sauce (2) 27g
	October 31, 2022	November 1, 2022	November 2, 2022	November 3, 2022	November 4, 2022	November 5, 2022	November 6, 2022
Week of 11-7 to 11-13 Classic Club Wrap (2) 27g Bag of Chips (1) 16g Grapes (1) 18g* 1% Milk (1) 12g*	(A) Sloppy Joe (0) 6g* Roasted Corn, Red Pepper and Squash (1) 8g Seasonal Fruit (1) 15g* WW Bun (2) 24g 1% Milk (1) 12g* (B) Chicken Burger (0) 4g	(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) Honey Mustard Chicken Drumsticks (0) 4g* 4 Bean Medley (1) 12g Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Swedish Meatballs (1) 8g	(A) Stuffed Cabbage Roll (2) 25g Capri Vegetables (0) 6g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Baked Shredded Chicken & Wild Rice (2) 30g	(A) Cheese Stuffed Shells (2) 38g Peas & Carrot (0) 9g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Pepperoni Stromboli (2) 37g 🐷	(A) Chicken Burger (0) 4g* Roasted Corn, Red Pepper and Squash (1) 8g Seasonal Fruit (1) 15g* WW Bun (2) 24g 1% Milk (1) 12g* (B) Sloppy Joe (0) 6g*	(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 * 🐷
	November 7, 2022	November 8, 2022	November 9, 2022	November 10, 2022	November 11, 2022	November 12, 2022	November 13, 2022
Week of 11-14 to 11-20 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 Zucchini (0) 3g* 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 Cheesy Potato Wedges (2) 25 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) 15* 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
	November 14, 2022	November 15, 2022	November 16, 2022	November 17, 2022	November 18, 2022	November 19, 2022	November 20, 2022
Week of 11-21 to 11-27 Cheese Tortellini 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 Chicken Breast (0) 4g	(A) Pancakes (2) 20g Maple Syrup (1) 13g Turkey Sausage (0) 0g Breakfast Potatoes (1) 12g Orange Juice (1) 15g* 1% Milk (1) 12g* 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* Thanksgiving Meals Delivered (B) Baked Crab Imperial with Pasta (2) 28g	(A) Brown Sugar Baked Ham (0) 6g * 🐷 Cornbread Stuffing (2) 18g Green Bean Casserole (1) 8g Seasonal Fruit (1) 15g* WW Roll (1) 12g 1% Milk (1) 12g* (B) Pot Roast (0) 0g	(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) Roast Chicken 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 Breakfast Potatoes Seasonal Fruit (1) 15g* 1% Milk (1) 12g* (B) Pancakes (2) 20g Maple Syrup (1) 13g Turkey Sausage (0) 0g
	November 21, 2022	November 22, 2022	November 23, 2022	November 24, 2022	November 25, 2022	November 26, 2022	November 27, 2022
Week of 11-28 to 11-30 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 (0) 5g 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) Ham and Au Gratin Potatoes Caserole (1) 18g 🐷 Peas & Carrot (0) 9g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Chop Steak & Gravy (1) 15g			(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
	November 28, 2022	November 29, 2022	November 30, 2022	December 1, 2022	December 2, 2022	December 3, 2022	December 4, 2022

PLEASE NOTE: To change your menu option, cancel a meal, or are unable to be home for delivery, please call 515-699-3240 by 12:00 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 contains ≥800 mg sodium