

January 2023 Menu Route : _____



Menu Instructions:
Please circle your choices and return by Thurs 12/15/22 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 01/02 to 01/08	(A) Meatloaf (1) 9g Sandwich Green Beans (0) 5g* Seasonal Fruit (1) 15g* Mini Hoagie (2) 24g 1% Milk (1) 12g* (B) Chicken Patty Sandwich (1) 8g Meals Delivered on 12/28	(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) 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 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) Turkey Burger (0) 0g Buttered Corn (1) 15g* WW Bun (1) 24g Seasonal Fruit (1) 15g* 1% Milk (1) 12g* (B) Brat Burger (0) 4g	(A) Chicken Patty Sandwich (1) 8g (1) 19g Green Beans (0) 5g Fruit Juice (1) 15g* Mini Hoagie (2) 24g 1% Milk (1) 12g* (B) Meatloaf Sandwich (1) 9g	(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 01/08 to 01/15	(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	(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) Sweet and Sour Meatballs (2) 28g Green Peas & Carrots (1) 8g* 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) Vegetable 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 01/15 to 01/22	(A) French Toast (2) 20g Maple Syrup (1) 13g Turkey Sausage (0) 0g Egg Salad (0) 3g* Croissant (2) 28g Carrot & Celery Sticks (0) 5g* Seasonal Fresh Fruit (1) 15g* 1% Milk (1) 12g*	(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) Pot Roast with gravy (1) 5g	(A) Honey Glazed Ham (0) 6g* Succotash (1) 17g* Mashed Potato (1) 17g* Seasonal Fruit (1) 15g* WW Bread (1) 15g 1% Milk (1) 12g* (B) Turkey Breast (0) 4g*	(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 Jasmnin Rice (2) 34g*	(A) Turkey Sausage Gravy (0) 4g with Scrambled Eggs (0) 1g Biscuit (2) 25g Country Potatoes Seasonal Fruit (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 01/23 to 01/29	(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	(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) Ham and Au gratin Potatoes Caserole (1) 18g Baby Carrots (0) 5g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Corned Beef Hash (1) 19g	(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 Green Beans (0) 5g* Seasonal Fruit (1) 15g* WW Bread (1) 14g 1% Milk (1) 12g* (B) Vegetable Egg Rolls x2 (2) 24g	(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 Breast (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 01/29 to 01/30	(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	(A) Chicken Thighs (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*					

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

Contains Pork