

WesleyLife Meals on Wheels

DELI MEALS		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday			
<u>This Week's Deli Meal</u>	CHO	6	CHO	7	CHO	8	CHO	9	CHO	10	CHO	11	CHO	12	CHO		
		(A) Beef Spaghetti Bake	20.1 g	(A) Baked Chicken Breast	0.0 g	(A) Apple Glazed Pork	8.0 g	(A) Ham/Rotini Casserole	23.8 g	(A) Sloppy Joe	6.8 g	(A) Chicken Potato Casserole	22.3 g	(A) Beef Patty	3.0 g		
		Tuna Salad	6.1 g	(B) Chicken Potato Casserole	22.3 g	(B) Beef Patty	3.0 g	(B) Turkey Breast w/Gravy	2.6 g	(B) Beef & Noodle Casserole	18.9 g	(B) Breaded Fish	21.1 g	(B) Beef Spaghetti Bake	20.1 g	(B) Baked Chicken Breast	0.0 g
		Carrot Orange Salad	26.6 g	Parslied Carrots	7.3 g	Savory Apricot Sauce	9.0 g	Whipped Potatoes	14.9 g	Sliced Carrots	7.2 g	Tartar Sauce	.6 g	Parslied Carrots	7.3 g	Savory Apricot Sauce	9.0 g
		Fresh Seasonal Fruit	18.6 g	Multi-Grain Bread	9.0 g	Baked Sweet Potato	31.4 g	Herbed Green Peas	13.1 g	Paprika Garlic Cauliflower	6.6 g	Green Beans	7.0 g	Multi-Grain Bread	9.0 g	Baked Sweet Potato	31.4 g
		Wheat Pocket Pita	44.0 g	Hot Cinnamon Applesauce	17.3 g	Mixed Vegetables	13.5 g	Fresh Seasonal Fruit	18.6 g	Fresh Seasonal Fruit	18.6 g	Potato Wedges	20.8 g	Hot Cinnamon Applesauce	17.3 g	Mixed Vegetables	13.5 g
		Milk	12.2 g	Milk	12.2 g	Fresh Seasonal Fruit	18.4 g	Milk	12.2 g	Milk	12.2 g	Hamburger Bun	30.0 g	Milk	12.2 g	Fresh Seasonal Fruit	18.4 g
			Margarine	0.0 g	Milk	12.2 g	Margarine	0.0 g			Hot Peaches	24.3 g	Margarine	0.0 g	Milk	12.2 g	
					Margarine	0.0 g					Milk	12.2 g			Margarine	0.0 g	
<u>This Week's Deli Meal</u>	CHO	13	CHO	14	CHO	15	CHO	16	CHO	17	CHO	18	CHO	19	CHO		
		(A) Bratwurst Patty on Bun	32.0 g	(A) Beef Chili with Beans	25.2 g	(A) Italian Ranch Chicken	13.7 g	(A) Pork Loin w/Gravy	2.6 g	(A) Tuna Noodle Au Gratin	22.0 g	(A) Beef Patty on Bun	33.0 g	(A) Cheese Pizza	34.1 g		
		Chicken Caesar Salad	8.8 g	(B) Beef Patty on Bun	33.0 g	(B) Cheese Pizza	34.1 g	(B) BBQ Pork	17.9 g	(B) Swedish Meatballs	7.6 g	(B) Chicken & Rice Casserole	28.3 g	(B) Bratwurst Patty on Bun	32.0 g	(B) Beef Chili with Beans	25.2 g
		Mediterranean Lentil Salad	19.5 g	Roasted Red Potatoes	11.3 g	Herbed Green Peas	13.1 g	Macaroni & Cheese	16.7 g	Whipped Potatoes	14.9 g	Mixed Vegetables	13.4 g	Roasted Red Potatoes	11.3 g	Herbed Green Peas	13.1 g
		Fresh Seasonal Fruit	18.6 g	Glazed Carrots	12.0 g	Sliced Pears	19.4 g	Corn O'Brien	21.9 g	Green Beans	6.8 g	Diced Beets	11.3 g	Glazed Carrots	12.0 g	Sliced Pears	19.4 g
		Wheat Roll	15.0 g	Pineapple Tidbits	23.6 g	Milk	12.2 g	Fresh Seasonal Fruit	18.4 g	Fresh Seasonal Fruit	18.6 g	Mandarin Oranges	18.5 g	Pineapple Tidbits	23.6 g	Milk	12.2 g
		Milk	12.2 g	Milk	12.2 g			Wheat Bread	12.0 g	Multi Grain Bread	9.0 g	Wheat Bread	12.0 g	Milk	12.2 g		
	Caesar Salad Dressing	12.5 g	Ketchup Mustard	2.8 g			Milk	12.2 g	Milk	12.2 g	Milk	12.2 g	Ketchup Mustard	2.8 g			
							Margarine	0.0 g	Margarine	0.0 g	Margarine	0.0 g					
<u>This Week's Deli Meal</u>	CHO	20	CHO	21	CHO	22	CHO	23	CHO	24	CHO	25	CHO	26	CHO		
		(A) Cranberry Dijon Chicken	22.0 g	(A) Beef Goulash	18.9 g	(A) BBQ Pork Rib Patty	5.1 g	(A) Turkey Ham Rice Casserole	32.0 g	(A) Cheese Enchilada Bake	29.0 g	(A) Cheese Omelet	7.0 g	(A) Beef Goulash	18.9 g		
		Sliced Ham	0.4 g	(B) Cheese Omelet	7.0 g	(B) King Ranch Chicken	6.0 g	(B) Breaded Chicken Patty	16.0 g	(B) Beef Bruschetta	8.7 g	(B) Chicken Tetrazzini	26.4 g	(B) Cranberry Dijon Chicken	22.0 g	(B) King Ranch Chicken	6.0 g
		American Cheese	1.4 g	Parslied Potatoes	12.9 g	Green Beans	6.8 g	Baked Beans	32.6 g	Whole Kernel Corn	21.3 g	Brown Rice	21.6 g	Parslied Potatoes	12.9 g	Green Beans	6.8 g
		Lime Corn Salad	18.4 g	Mixed Vegetables	13.4 g	Mixed Green Salad	1.7 g	Sliced Carrots	7.2 g	Brussels Sprouts	8.3 g	Green Peas	12.9 g	Mixed Vegetables	13.4 g	Mixed Green Salad	1.7 g
		Fresh Seasonal Fruit	18.6 g	Applesauce	16.6 g	Fresh Seasonal Fruit	18.6 g	Hamburger Bun	21.6 g	Fresh Seasonal Fruit	18.6 g	Fresh Seasonal Fruit	18.6 g	Applesauce	16.6 g	Fresh Seasonal Fruit	18.6 g
		Croissant	26.1 g	Multi-Grain Bread	9.0 g	Multi-Grain Bread	9.0 g	Fresh Seasonal Fruit	18.4 g	Wheat Bread	12.0 g	Milk	12.2 g	Multi-Grain Bread	9.0 g	Multi-Grain Bread	9.0 g
	Milk	12.2 g	Milk	12.2 g	Milk	12.2 g	Milk	12.2 g	Milk	12.2 g	Margarine	0.0 g	Milk	12.2 g	Milk	12.2 g	
	Mustard	0.3 g	Margarine	0.0 g	Margarine Salad Dressing	.8 g			Margarine	0.0 g	Margarine Salad Dressing	.8 g	Margarine	0.0 g	Margarine Salad Dressing	.8 g	
<u>This Week's Deli Meal</u>	CHO	27	CHO	28	CHO	29	CHO	30	CHO	31	CHO	4/1	CHO	4/2	CHO		
		(A) Pork Loin with	0.0 g	(A) Homemade Meatloaf	7.5 g	(A) Tater Tot Casserole	11.8 g	(A) Beef & Bean Burrito	40.3 g	(A) Potato Crusted Pollock	15.0 g	(A) Pork Loin with	0.0 g	(A) Almond Dijon Chicken	18.4 g		
		Cranberry Chicken Salad	19.2 g	Orange Cranberry Sauce	7.4 g	(B) Chicken Noodle Casserole	25.3 g	Cheese Sauce	3.3 g	(B) Parmesan Chicken	17.7 g	Orange Cranberry Sauce	7.4 g	(B) Homemade Meatloaf	7.5 g		
		Broccoli Salad	7.5 g	(B) BBQ Chicken Thigh	13.4 g	(B) Almond Dijon Chicken	18.4 g	(B) Shepherd's Pie	15.8 g	Garlic Red Pepper Rotini	22.2 g	(B) BBQ Chicken Thigh	13.4 g	with Onion Gravy	3.2 g		
		Fresh Fruit	18.6 g	Red Diced Potatoes	11.3 g	Whole Kernel Corn	21.3 g	California Vegetable Blend	5.9 g	Broccoli	4.0 g	Red Diced Potatoes	11.3 g	Baked Sweet Potato	31.4 g		
		Kaiser Roll	30.0 g	Seasoned Green Beans	7.0 g	Sliced Carrots	7.5 g	Cornbread	22.5 g	Fresh Seasonal Fruit	18.6 g	Seasoned Green Beans	7.0 g	Capri Vegetable Blend	7.1 g		
		Milk	12.2 g	Multi Grain Roll	11.3 g	Wheat Bread	12.0 g	Fresh Seasonal Fruit	18.6 g	Pineapple Tidbits	23.6 g	Multi Grain Roll	11.3 g	Diced Pears	16.2 g		
			Fresh Seasonal Fruit	18.6 g	Diced Pears	16.6 g	Milk	12.2 g	Milk	12.2 g	Fresh Seasonal Fruit	18.6 g	Multi-Grain Bread	12.8 g			
			Milk	12.2 g	Wheat Roll	15.0 g	Milk	12.2 g	Milk	12.2 g	Milk	12.2 g	Milk	12.2 g			
			Margarine	0.0 g	Milk	12.2 g	Margarine	0.0 g	Margarine	0.0 g	Margarine	0.0 g	Margarine	0.0 g			

Entree contains >700mg Sodium

CHO Denotes grams of Carbohydrate

Denotes pork in recipe