

# WesleyLife Meals on Wheels - May 2023

Route : \_\_\_\_\_

Menu Instructions: Please circle your choices and return by **May 24** 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
<b><i>This Week's Deli Meal</i></b> Cranberry Chicken Salad Broccoli Salad Fresh Fruit Kaiser Roll Milk	<b>1 CHO</b> <b>(A) Pork Loin with Orange Cranberry Sauce</b> Red Diced Potatoes Seasoned Green Beans Multi Grain Roll Fresh Seasonal Fruit Milk Margarine <b>(B) BBQ Chicken Thigh</b>	<b>2 CHO</b> <b>(A) Homemade Meatloaf with Onion Gravy</b> Baked Sweet Potato Capri Vegetable Blend Diced Pears Wheat Roll Milk Margarine <b>(B) Almond Dijon Chicken</b>	<b>3 CHO</b> <b>(A) Tater Tot Casserole</b> Whole Kernel Corn Sliced Carrots Wheat Bread Fresh Seasonal Fruit Milk Margarine <b>(B) Chicken Noodle Casserole</b>	<b>4 CHO</b> <b>(A) Beef &amp; Bean Burrito Cheese Sauce</b> California Vegetable Blend Cornbread Pineapple Tidbits Milk Margarine <b>(B) Shepherd's Pie</b>	<b>5 CHO</b> <b>(A) Potato Crusted Pollock</b> Garlic Red Pepper Rotini Broccoli Fresh Seasonal Fruit Wheat Bread Milk Margarine <b>(B) Parmesan Chicken Breast</b>	<b>6 CHO</b> <b>(A) BBQ Chicken Thigh</b> Red Diced Potatoes Seasoned Green Beans Multi Grain Roll Fresh Seasonal Fruit Milk Margarine <b>(B) Pork Loin with Orange Cranberry Sauce</b>	<b>7 CHO</b> <b>(A) Almond Dijon Chicken</b> Baked Sweet Potato Capri Vegetable Blend Diced Pears Multi-Grain Bread Milk Margarine <b>(B) Homemade Meatloaf with Onion Gravy</b>
<b><i>This Week's Deli Meal</i></b> Sliced Turkey Breast Provolone Cheese Green Bean Salad Fresh Seasonal Fruit Rye Bread Milk Mustard	<b>8 CHO</b> <b>(A) Cheese Omelet</b> Tater Gems Cinnamon Roll Fresh Seasonal Fruit Milk <b>(B) Sausage Links</b>	<b>9 CHO</b> <b>(A) Chicken Stroganoff</b> Egg Noodles Green Beans Hot Glazed Peaches Milk <b>(B) Turkey Breast Poultry Gravy</b>	<b>10 CHO</b> <b>(A) Salisbury Beef w/Gravy</b> Whipped Potatoes Glazed Carrots Multi Grain Bread Strawberry Applesauce Milk <b>(B) Baked Chicken w/Gravy</b>	<b>11 CHO</b> <b>(A) Honey Baked Chicken</b> Baked Beans Baby Red Potatoes Wheat Hamburger Bun Fresh Fruit Milk <b>(B) Hamburger Patty Mushroom Gravy</b>	<b>12 CHO</b> <b>(A) Philly Chicken Sandwich</b> Broccoli Garlic Potatoes Hoagie Bun Fresh Fruit Milk <b>(B) Potato Crusted Pollock</b>	<b>13 CHO</b> <b>(A) Sausage Links</b> Tater Gems Cinnamon Roll Fresh Seasonal Fruit Milk <b>(B) Cheese Omelet</b>	<b>14 CHO</b> <b>(A) Turkey Breast</b> Poultry Gravy Egg Noodles Green Beans Hot Glazed Peaches Milk <b>(B) Chicken Stroganoff</b>
<b><i>This Week's Deli Meal</i></b> Tuna Salad Carrot Orange Salad Fresh Seasonal Fruit Wheat Pocket Pita Milk	<b>15 CHO</b> <b>(A) Beef Spaghetti Bake</b> Parslied Carrots Multi-Grain Bread Hot Cinnamon Applesauce Milk Margarine <b>(B) Chicken Potato Casserole</b>	<b>16 CHO</b> <b>(A) Baked Chicken Breast</b> Savory Apricot Sauce Baked Sweet Potato Mixed Vegetables Fresh Seasonal Fruit Milk	<b>17 CHO</b> <b>(A) Apple Glazed Pork</b> Whipped Potatoes Herbed Green Peas Fresh Seasonal Fruit Milk	<b>18 CHO</b> <b>(A) Ham &amp; Rotini Casserole</b> Sliced Carrots Paprika Garlic Cauliflower Fresh Seasonal Fruit Milk <b>(B) Beef &amp; Noodle Casserole</b>	<b>19 CHO</b> <b>(A) Sloppy Joe</b> Green Beans Potato Wedges Wheat Hamburger Bun Hot Peaches Milk <b>(B) BBQ Chicken Breast</b>	<b>20 CHO</b> <b>(A) Chicken Potato Casserole</b> Parslied Carrots Multi-Grain Bread Hot Cinnamon Applesauce Milk Margarine <b>(B) Beef Spaghetti Bake</b>	<b>21 CHO</b> <b>(A) Beef Patty</b> Savory Apricot Sauce Baked Sweet Potato Mixed Vegetables Fresh Seasonal Fruit Milk Margarine <b>(B) Baked Chicken Breast</b>
<b><i>This Week's Deli Meal</i></b> Chicken Caesar Salad Mediterranean Lentil Salad Fresh Seasonal Fruit Wheat Roll Milk Caesar Salad Dressing	<b>22 CHO</b> <b>(A) Bratwurst Patty</b> Roasted Red Potatoes Glazed Carrots Pineapple Tidbits Hamburger Bun Milk Margarine Ketchup   Mustard <b>(B) Beef Patty</b>	<b>23 CHO</b> <b>(A) Beef Chili with Beans</b> Herbed Green Peas Sliced Pears Wheat Roll Milk Margarine <b>(B) Cheese Pizza</b>	<b>24 CHO</b> <b>(A) Italian Ranch Chicken</b> Macaroni & Cheese Corn O'Brien Fresh Seasonal Fruit Wheat Bread Milk Margarine <b>(B) BBQ Pork</b> Memorial Say Meal Delivered	<b>25 CHO</b> <b>(A) Pork Loin w/Gravy</b> Whipped Potatoes Green Beans Fresh Seasonal Fruit Multi Grain Bread Milk Margarine <b>(B) Swedish Meatballs</b>	<b>26 CHO</b> <b>(A) Tuna Noodle Au Gratin</b> Mixed Vegetables Diced Beets Mandarin Oranges Wheat Bread Milk Margarine <b>(B) Chicken &amp; Rice Casserole</b>	<b>27 CHO</b> <b>(A) Beef Patty</b> Roasted Red Potatoes Glazed Carrots Pineapple Tidbits Hamburger Bun Milk Margarine Ketchup   Mustard <b>(B) Bratwurst Patty</b>	<b>28 CHO</b> <b>(A) Cheese Pizza</b> Herbed Green Peas Sliced Pears Wheat Roll Milk Margarine <b>(B) Beef Chili with Beans</b>
<b><i>This Week's Deli Meal</i></b> Sliced Ham American Cheese Lime Corn Salad Fresh Seasonal Fruit Croissant Milk Mustard	<b>29 CHO</b> <b>(A) Cranberry Dijon Chicken</b> Parslied Potatoes Mixed Vegetables Applesauce Multi-Grain Bread Milk Margarine <b>(B) Cheese Omelet</b> Meal delivered on the 24th	<b>30 CHO</b> <b>(A) Cheese Enchilada Bake</b> Brown Rice Green Peas Fresh Seasonal Fruit Milk Margarine <b>(B) Chicken Tetrzzini</b>	<b>31 CHO</b> <b>(A) BBQ Pork Rib Patty</b> Baked Beans Sliced Carrots Hamburger Bun Fresh Seasonal Fruit Milk	<b>6/1 CHO</b> <b>(A) Turkey Ham Rice Cassero</b> Whole Kernel Corn Brussels Sprouts Fresh Seasonal Fruit Wheat Bread Milk Margarine <b>(B) Beef Bruschetta</b>	<b>6/2 CHO</b> <b>(A) Beef Goulash</b> Green Beans Mixed Green Salad Fresh Seasonal Fruit Multi-Grain Bread Milk Margarine   Salad Dressing <b>(B) King Ranch Chicken</b>	<b>6/3 CHO</b> <b>(A) Cheese Omelet</b> Parslied Potatoes Mixed Vegetables Applesauce Multi-Grain Bread Milk Margarine <b>(B) Cranberry Dijon Chicken</b>	<b>6/4 CHO</b> <b>(A) Chicken Tetrzzini</b> Brown Rice Green Peas Fresh Seasonal Fruit Milk <b>(B) Cheese Enchilada Bake</b>

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.



Entree contains >700 mg Sodium

CHO Denotes grams of Carbohydrate



Denotes pork in recipe