

# WesleyLife Meals on Wheels - November 2023

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

Menu Instructions: Please circle your choices and return by \_\_\_\_\_ 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><u>This Week's Deli Meal</u></b> Asian Chicken Salad* <small>*Chicken, Mixed Salad Greens, Cucumbers, Mandarin Oranges, Chow Mein Noodles, and Sesame Asian Dressing</small>  Wheat Crackers Fresh Seasonal Fruit Rice Krispie Treat Milk	CHO					1 CHO	(A) Sweet & Sour Meatballs Confetti Rice Broccoli Wheat Roll Fortune Cookie Milk Margarine	2 CHO	(A) Salisbury Steak w/Gravy Roasted Potatoes Brussels Sprouts Cornbread Fresh Seasonal Fruit Milk Margarine	3 CHO	(A) Tuna Noodle Au Gratin California Vegetable Blend Wheat Roll Rice Krispie Treat Chocolate Milk Margarine	4 CHO	(A) Pineapple Glazed Ham Buttermilk Mashed Potatoes Green Peas Multi-Grain Bread Applesauce Milk Margarine	5 CHO	(A) Sliced Pork Loin with Brown Gravy Macaroni & Cheese Glazed Carrots Wheat Bread Orange Juice Milk Margarine (B) Garlic Rosemary Chicken
	7.6					14.9	14.9	6.4	6.4	27.4	3.5	3.5	0		
	7.7					21.9	21.9	11.3	11.3	5.8	13.3	13.3	1.4		
	17.3					4.1	4.1	8.3	8.3	13	13	13	21.3		
	17.7					13	13	22.5	22.5	17.7	14	14	12		
	11.3					6.7	6.7	17.3	17.3	30.6	18.1	18.1	12		
						11.3	11.3	11.3	11.3	0	11.3	11.3	15.7		
					0	0	0	0	0	0	0	11.3			
					2.9	2.9	2.9	15	36.6	8.1	8.1	0			
<b><u>This Week's Deli Meal</u></b> Krab Salad Corn Salad Naan Bread Fresh Seasonal Fruit Honey Bun Milk	CHO	6 CHO	(A) Honey Ginger Chicken Glazed Yams Mixed Vegetables Wheat Bread Fresh Seasonal Fruit Milk Margarine	7 CHO	(A) Potato Crusted Fish Steamed Rice Green Beans Wheat Roll Turtle Cookie Milk Margarine	8 CHO	(A) Hamburger Patty Lettuce, Tomato, & Onion Roasted Potatoes Garden Vegetable Blend Wheat Hamburger Bun Fresh Seasonal Fruit Milk Mayonnaise (B) Brat Patty	9 CHO	(A) Chicken with Peppers & Onion Lettuce & Tomato Lemon Rice Zucchini Flour Tortilla Fresh Seasonal Fruit Milk (B) Gyro Meat	10 CHO	(A) Vegetarian Lasagna Casserole Broccoli Garlic Breadstick Honey Bun Chocolate Milk (B) Turkey Tetrazzini	11 CHO	(A) Beef Patty with Brown Gravy Glazed Yams Mixed Vegetables Wheat Bread Applesauce Milk Margarine (B) Honey Ginger Chicken	12 CHO	(A) Chicken Brunswick Stew Steamed Rice Green Beans Wheat Roll Orange Juice Milk Margarine (B) Szechuan Pork
	20.4	3.7	3.7	15	2	1.7	40.7	2	11.4	2	2	11.4	11.4		
	22.1	29.9	29.9	22.7	4.5	4.5	11.3	4.1	23	15	15	29.9	7		
	15.1	13.5	13.5	7	11.6	11.6	30	3.7	17.8	30.6	30.6	13.5	13		
	17.3	12	12	21.8	11.3	11.3	17.3	17.3	11.3	11.3	11.3	18.1	15.7		
	26	11.3	11.3	11.3	0	0	11.3	11.3	11.3	11.3	11.3	11.3	11.3		
	11.3	0	0	0	2	2	2	6	26.4	26.4	3.7	3.7	11.3		
<b><u>This Week's Deli Meal</u></b> Cranberry Chicken Salad Broccoli Salad Wheat Hamburger Bun Fresh Seasonal Fruit Brownie Milk	CHO	13 CHO	(A) Turkey a la King Egg Noodles Garden Vegetable Blend Wheat Roll Oatmeal Raisin Cookie Milk Margarine (B) Swedish Meatballs	14 CHO	(A) Honey Mustard Chicken Baked Beans Whole Kernel Corn Hamburger Bun Fresh Seasonal Fruit Milk Margarine (B) BBQ Pork Rib Patty	15 CHO	<b>Holiday Meal Delivered Today</b> (A) Pasta Primavera Brussels Sprouts Garlic Breadstick Fresh Seasonal Fruit Milk Margarine (B) Mediterranean Chicken with Rotini Pasta	16 CHO	(A) Turkey Breast with Poultry Gravy Mashed Potatoes Mixed Vegetables Wheat Roll Fresh Seasonal Fruit Milk Margarine (B) Homemade Meatloaf with Tomato Gravy	17 CHO	(A) BBQ Chicken Roasted Potatoes Green Beans Wheat Hamburger Bun Fresh Seasonal Fruit Chocolate Milk (B) Sloppy Joe	18 CHO	(A) Swedish Meatballs Egg Noodles Garden Vegetable Blend Wheat Roll Applesauce Milk Margarine (B) Turkey a la King	19 CHO	(A) BBQ Pork Rib Patty Baked Beans Whole Kernel Corn Hamburger Bun Orange Juice Milk Margarine (B) Honey Mustard Chicken
	20.1	13.7	13.7	8.4	29.3	29.3	0	13	11.3	9.9	9.9	13.3	13.3		
	3	20.2	20.2	8.3	15	15	17.3	13.5	17.3	7	20.2	20.2	31.5		
	30	11.6	11.6	21.3	21.6	21.6	11.3	13.5	17.3	30	11.6	11.6	21.3		
	17.3	13	13	21.6	17.3	17.3	0	17.3	17.3	17.3	13	13	21.6		
	40	22.9	22.9	17.3	11.3	11.3	1.3	17.3	17.3	30.6	18.1	18.1	15.7		
	11.3	11.3	11.3	11.3	0	0	21.2	2.7	6.9	6.9	11.3	11.3	11.3		
<b><u>This Week's Deli Meal</u></b> Chef Salad* <small>*Turkey, Ham, Egg, Cheddar Cheese, Tomato, Mixed Greens, and Carrots</small>  Croutons Pasta Salad Fresh Seasonal Fruit Lorna Doones Milk Ranch Salad Dressing	CHO	20 CHO	(A) Fajita Chicken Spanish Rice Pinto Beans Flour Tortilla Chocolate Chip Cookie Milk Taco Sauce (B) Pork Chile Verde	21 CHO	(A) Beef Marinara Sauce Penne Pasta Garden Vegetable Blend Garlic Breadstick Fresh Seasonal Fruit Milk (B) Chicken Cacciatore	22 CHO	(A) Beef Patty with Mushroom Gravy Glazed Yams Green Beans Wheat Bread Fresh Seasonal Fruit Milk Margarine (B) Pineapple Glazed Ham	23 CHO	<b>Closed for Thanksgiving</b> (A) Apple Glazed Sliced Pork White Beans with Arugula Sliced Carrots Wheat Bread Brownie Milk Margarine (B) 10 Grain Pollock	24 CHO	(A) Vegetable Bean Stew Confetti Rice Broccoli Naan Dippers Lorna Doones Chocolate Milk (B) Creamy Chicken Tikka	25 CHO	(A) Pork Chile Verde Spanish Rice Pinto Beans Flour Tortilla Applesauce Milk Taco Sauce (B) Fajita Chicken	26 CHO	(A) Chicken Cacciatore Penne Pasta Garden Vegetable Blend Garlic Breadstick Orange Juice Milk (B) Beef Marinara Sauce
	5.5	1.7	1.7	5.1	4.5	4.5	8	34.5	7.1	7.1	7.1	5.9			
	20.6	19.3	19.3	21.2	29.9	29.9	19.6	19.6	21.9	19.3	19.3	21.2	21.2		
	22.2	17.7	17.7	11.6	7	7	12	12	4.1	17.7	17.7	11.6	11.6		
	17.3	15	15	15	12	12	40	40	15.1	3	3	15	15		
	20.4	25.9	25.9	17.3	11.3	11.3	11.3	11.3	20.4	18.1	18.1	15.7	15.7		
	11.3	11.3	11.3	11.3	0	0	0	0	30.6	11.3	11.3	11.3	11.3		
2.5	1.8	1.8	5.9	3.5	3.5	21	21	5	1.8	1.8	1.8	5.1			
<b><u>This Week's Deli Meal</u></b> Turkey & Swiss Cheese Lettuce & Tomato Coleslaw Multi-Grain Bread Fresh Seasonal Fruit Fudge Round Cookie Milk Mustard Mayonnaise	CHO	27 CHO	(A) Creamy Paprika Chicken Mashed Potatoes Sliced Carrots Wheat Roll Fresh Seasonal Fruit Milk Margarine (B) Salisbury Beef with Brown Gravy	28 CHO	(A) Cuban Pork Black Beans Plantains Wheat Bread Carnival Cookie Milk Margarine (B) Baked Chicken Thigh with Pumpkin Seed Mole	29 CHO	(A) Cranberry Chicken with Roasted Potatoes Mixed Vegetables Cornbread Fresh Seasonal Fruit Milk Margarine (B) Beef Chili with Beans	30 CHO	(A) Macaroni & Cheese Whole Kernel Corn Green Beans Wheat Bread Fresh Seasonal Fruit Milk Margarine (B) Pork Fried Rice						
	1.5	8.1	8.1	5	19	19	43.5								
	1	21.4	21.4	24	11.3	11.3	21.3								
	10.1	7.5	7.5	23.3	13.4	13.4	7								
	28	13	13	12	22.5	22.5	12								
	17.3	17.3	17.3	23.8	17.3	17.3	17.3								
	23	11.3	11.3	11.3	11.3	11.3	11.3								
11.3	0	0	0	0	0	0									
0.3	5	5	0	33.6	33.6	26.1									
0	1.4	1.4	1.6												

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

Notes pork in recipe