







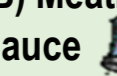








WesleyLife Meals on Wheels - February 2024

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	
This Week's Deli Meal Chef Salad*  <i>*Turkey, Ham, Egg, Cheddar Cheese, Tomato, Mixed Greens, and Carrots</i> Croutons Pasta Salad Fresh Seasonal Fruit Brownie Milk Ranch Salad Dressing					1 CHO (A) Turkey Ham & Scalloped Potatoes Green Peas Garlic Breadstick Warm Lemon Cake Chocolate Milk Margarine (B) Tuna Tetrazzini	2 CHO (A) Liver & Onions Mashed Potatoes Capri Vegetable Blend Dinner Roll Warm Lemon Cake Chocolate Milk Margarine (B) Baked Chicken w/Dijonnaise Sauce	3 CHO (A) BBQ Chicken Roasted Diced Potatoes Carrots Hot Dog Bun Applesauce Milk (B) BBQ Rib Patty 	4 CHO (A) Beef Meatloaf w/Gravy Roasted Sweet Potatoes Green Beans Multi Grain Bread Orange Juice Milk Margarine (B) Chicken Supreme
This Week's Deli Meal Egg Salad Lettuce & Tomato Coleslaw Multi-Grain Bread Fresh Seasonal Fruit Fudge Round Cookie Milk	5 CHO (A) Chicken Fettuccini Alfredo Sliced Carrots Garlic Breadstick Oatmeal Creme Pie Milk Margarine (B) Beef Tater Tot Casserole 	6 CHO (A) Polish Sausage w/ Sauerkraut  Whole Kernel Corn California Vegetable Blend Hot Dog Bun Fresh Seasonal Fruit Milk (B) Meatballs w/Spaghetti Sauce 	7 CHO (A) Turkey w/Poultry Gravy Mashed Potatoes Green Beans Turtle Cookie Milk Margarine (B) Shredded Pork w/Orange Cranberry Sauce 	8 CHO (A) Sweet & Sour Chicken Rice Mixed Vegetables Multi Grain Bread Milk Margarine (B) Creole Steak	9 CHO (A) Potato Crusted Pollock Tartar Sauce Capri Vegetable Blend Dinner Roll Hot Spiced Apples Chocolate Milk Margarine (B) Macaroni & Cheese 	10 CHO (B) Beef Tater Tot Casserole  Sliced Carrots Garlic Breadstick Applesauce Milk Margarine (A) Chicken Fettuccini Alfredo	11 CHO (B) Meatballs w/Spaghetti Sauce  Whole Kernel Corn California Vegetable Blend Hot Dog Bun Orange Juice Milk (A) Polish Sausage w/ Sauerkraut 	
This Week's Deli Meal Berry Almond Chicken Salad <i>*Chicken, Mixed Salad Greens, Sliced Almonds, Dried Cranberries, Strawberries</i> Wheat Crackers Fresh Seasonal Fruit Oatmeal Creme Pie Milk Balsamic Dressing	12 CHO (A) Chili Whole Kernel Corn Coleslaw Cornbread Milk (B) White Chicken Chili	13 CHO (A) Salisbury Beef Baby Red Potatoes Green Peas Multi Grain Bread Carnival Cookie Milk Margarine (B) Glazed Ham 	14 CHO (A) BBQ Chicken Baked Beans California Vegetable Blend Hamburger Bun Fresh Seasonal Fruit Milk (B) Hamburger Patty Lettuce/Tomato/Onion	15 CHO (A) Taco Beef Lettuce & Tomato Shredded Cheese Spanish Rice Black Beans Flour Tortilla Milk Taco Sauce (B) Fajita Chicken	16 CHO (A) Tuna Noodle Casserole Wheat Roll Peach Crisp Fresh Seasonal Fruit Chocolate Milk Margarine (B) Pasta Primavera	17 CHO (A) Chili Whole Kernel Corn Green Beans Cornbread Applesauce Milk (B) White Chicken Chili	18 CHO (A) Glazed Ham  Baby Red Potatoes Green Beans Multi Grain Bread Orange Juice Milk Margarine (B) Salisbury Beef w/Brown Gravy	
This Week's Deli Meal Chicken Salad Corn Salad Naan Bread Fresh Seasonal Fruit Rice Krispie Treat Milk	19 CHO (A) Turkey Breast w/Poultry Gravy Mashed Potatoes Green Beans Dinner Roll Applesauce Milk Margarine (B) Beef Meatloaf w/Brown Gravy	20 CHO (A) Swedish Meatballs w/Egg Noodles Sliced Carrots Cornbread Chocolate Chip Cookie Milk Margarine (B) Turkey Ham & Pinto Beans	21 CHO (A) Shredded Chicken w/Peppers & Onions Roasted Red Potatoes Whole Kernel Corn Hot Dog Bun Fresh Seasonal Fruit Milk (A) Hot Dog 	22 CHO (A) Sloppy Joe Scalloped Potatoes Green Peas Hamburger Bun Milk (B) BBQ Chicken	23 CHO (A) 10 Grain Pollock Tartar Sauce Macaroni & Cheese Stewed Tomatoes Multi Grain Bread Fig Bar Chocolate Milk Margarine (B) Beef w/Mushroom Gravy	24 CHO (A) Beef Meatloaf w/Brown Gravy Mashed Potatoes Green Beans Dinner Roll Applesauce Milk Margarine (A) Turkey Breast w/Poultry Gravy	25 CHO (A) Turkey Ham & Pinto Beans Sliced Carrots Cornbread Orange Juice Milk Margarine (B) Swedish Meatballs w/Egg Noodles	
This Week's Deli Meal Asian Chicken Salad* <i>*Chicken, Mixed Salad Greens, Cucumbers, Mandarin Oranges, Chow Mein Noodles, and Sesame Asian Dressing</i> Wheat Crackers Fresh Seasonal Fruit Honey Bun Milk	26 CHO (A) Baked Chicken Breast Apple Cider Mustard Sauce Mashed Potatoes Mixed Vegetables Multi Grain Bread Fig Bar Milk Margarine (B) Beef Patty w/Country Gravy	27 CHO (A) Turkey Ham & Broccoli Rice Casserole  Tossed Salad Fruit Cocktail Cornbread Fudge Round Cookie Milk Margarine Ranch Dressing (B) Hamburger Stew	28 CHO (A) Goulash Glazed Carrots Green Beans Garlic Breadstick Fresh Seasonal Fruit Milk Margarine (B) Baked Chicken Thigh w/Supreme Sauce	29 CHO (A) Herb Roasted Pork w/Pork Gravy  Mashed Potatoes Whole Kernel Corn Multi Grain Bread Milk Margarine (B) Salisbury Beef w/Brown Gravy				

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

Cassidy Rivers Beavers, MS, RD, LD

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