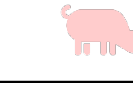
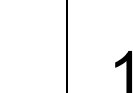
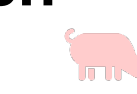
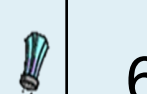
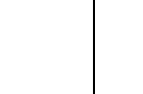


WesleyLife Meals on Wheels - September 2025

Menu Instructions: Please circle your choices and return by 08/15/25 or as soon as possible. Mark an "X" over the day to CANCEL.

First and Last Name: _____

DELI MEALS		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday		
<u>This Week's Deli Meal</u> Honey Mustard Chicken Salad <i>Tossed Salad (lettuce greens, carrots, celery, cherry tomatoes)</i> Whole Wheat Bread Peach Crisp Milk Salad Dressing Butter	CHO	1	CHO	2	CHO	3	CHO	4	CHO	5	CHO	6	CHO	7	CHO	
	8.8	(A) Scalloped Potatoes & Turkey-Ham Mixed Vegetables Multi-Grain Bread Peach Crisp Milk Margarine Closed. Delivered on August 27th. (B) Chicken A La King Mashed Potatoes	9.6 13.2 14 40.5 11.3 0 11.4 14.8	(A) Cheese Ravioli Marinara Sauce Green Peas Sliced Carrots Garlic Bread Diced Pears Milk (B) Beef Lasagna Casserole	19.5 5.6 13 7.2 15.8 16.6 11.3 24.3	(A) Sausage Patty  Hashbrown Casserole Biscuit Country Gravy Cinnamon Applesauce Milk Margarine (B) Cheese Omelet	0.8 18.7 15.3 2.5 17.3 11.3 0 7	(A) Sloppy Joe Baked Potato Whole Kernel Corn Hamburger Bun Pineapple Tidbits Milk Margarine Sour Cream (B) Pulled BBQ Chicken Sandwich BBQ Sauce	6.8 21.3 21.3 21.6 23.6 11.3 0 1.9 0 11.6	(A) Beef Spaghetti Casserole Green Beans Tossed Salad (<i>lettuce greens, carrots, celery, cherry tomatoes</i>) Whole Wheat Bread Tropical Fruit Chocolate Milk Salad Dressing Margarine (B) Turkey Tetrazzini 	27.7 6.8 1.7 12 34.7 30.6 1.7 0 26.8	(A) Chicken A La King Mashed Potatoes Sliced Carrots Multi-Grain Bread Apple Crisp Milk Margarine (B) Scalloped Potatoes & Turkey-Ham	11.4 14.8 7.2 14 40.5 11.3 0 9.6	(A) Beef Lasagna Casserole Green Peas Sliced Carrots Garlic Bread Diced Pears Milk (B) Cheese Ravioli Marinara Sauce	24.3 13 7.2 15.8 16.6 11.3 19.5 5.6	
	<u>This Week's Deli Meal</u> Caesar Salad*  <i>*Turkey, Mixed Salad Greens, Parmesan, Caesar Dressing, Croutons</i> Garlic Bread Sugar Cookie Milk	CHO	8	CHO	9	CHO	10	CHO	11	CHO	12	CHO	13	CHO	14	CHO
		9.7	(A) Salisbury Steak Brown Gravy Baked Sweet Potato Green Beans Multi-Grain Bread Cinnamon Applesauce Milk Margarine (B) Apple Glazed Pork 	3.8 2.8 31.4 6.9 14 16.7 11.3 0 8	(A) Honey Mustard Chicken Roasted Red Potatoes Whole Kernel Corn Wheat Roll Tropical Fruit Milk Margarine (B) Roasted Turkey Poultry Gravy 	8.4 13.6 21.3 18.4 34.7 11.3 0 1.5 1.4	(A) Open Faced Turkey Sandwich Mashed Potatoes w/Gravy Sliced Carrots Whole Wheat Bread Chocolate Chip Cookie Milk Margarine (B) Baked Chicken Breast Poultry Gravy	16.8 16.2 7.5 12 19.1 11.3 0 0 1.4	(A) Beef Taco Shredded Cheese Lettuce & Tomato Cilantro Lime Rice Bush's Black Beans Flour Tortilla Diced Peaches Milk Taco Sauce (B) Pork Carnitas	3.2 0.9 1 22.8 24 17.8 14.7 11.3 1.8 0.9	(A) Chicken Cacciatore Penne Pasta Tossed Salad (<i>lettuce greens, carrots, celery, cherry tomatoes</i>) Green Peas Garlic Bread Sugar Cookie Chocolate Milk Salad Dressing (B) Goulash	3.3 21.2 1.7 13 15.8 17.4 30.6 1.7 18.9	(A) Apple Glazed Pork  Baked Sweet Potato Green Beans Multi-Grain Bread Cinnamon Applesauce Milk Margarine (B) Salisbury Steak Brown Gravy	8 31.4 6.9 14 16.7 11.3 0 3.8 2.8	(A) Roasted Turkey Poultry Gravy Roasted Red Potatoes Whole Kernel Corn Wheat Roll Tropical Fruit Milk Margarine (B) Honey Mustard Chicken	1.5 1.4 13.6 21.3 18.4 34.7 11.3 0 8.4
<u>This Week's Deli Meal</u> Cranberry Chicken Salad Pasta Salad Hamburger Bun Pineapple Tidbits Milk		CHO	15	CHO	16	CHO	17	CHO	18	CHO	19	CHO	20	CHO	21	CHO
		19 25 21.6 23.6 11.3	(A) Chicken Pot Pie Broccoli Wheat Roll Chocolate Chip Cookie Milk Margarine (B) Hamburger Beef Stew	8 4.1 18.4 19.1 11.3 0 13	(B) Beef Hot Dog Ketchup  Green Beans Hot Dog Bun Hot Spiced Apples Milk (B) Meatball Sub Sandwich Shredded Mozzarella 	3 2.5 6.8 26 23.7 11.3 14.6 0.8	(A) Philly Chicken w/ Onions & Peppers Whole Kernel Corn Hot Dog Bun Cinnamon Applesauce Milk (B) Polish Sausage Ketchup  	4 21.3 26 17.3 11.3 4 2.5	(A) Hamburger Lettuce/Tomato/Onion Ketchup Macaroni & Cheese Coleslaw Hamburger Bun Milk (B) Baked Chicken Breast Mayonnaise	2 2.8 2.5 16.9 10 21.6 11.3 0 0	(A) Pulled Pork Sandwich BBQ Sauce  Bush's Baked Beans Mixed Vegetables Hamburger Bun Pineapple Tidbits Chocolate Milk (B) Potato Crusted Pollock Tartar Sauce	0 11.6 36.3 13.2 21.6 23.6 30.6 15 0.7	(A) Hamburger Beef Stew Broccoli Wheat Roll Chocolate Chip Cookie Milk Margarine (B) Chicken Pot Pie	13 4.1 18.4 19.1 11.3 0 8	(A) Meatball Sub Sandwich Shredded Mozzarella  Green Beans Hot Dog Bun Hot Spiced Apples Milk (B) Beef Hot Dog Ketchup 	14.6 0.8 6.8 26 23.7 11.3 3 2.5
	<u>This Week's Deli Meal</u> Tuna Salad  Whole Wheat Bread (2) Pasta Salad Sugar Cookie Milk	CHO	22	CHO	23	CHO	24	CHO	25	CHO	26	CHO	27	CHO	28	CHO
		6.1 24 22 17.4 11.3	(A) Enchilada Casserole  Green Beans Sliced Carrots Whole Wheat Bread Cinnamon Applesauce Milk Margarine (B) Beef Taco Mac & Cheese 	35.9 6.9 7.5 12 17.3 11.3 0 23.6	(A) Polish Sausage w/Onions & Peppers   Scalloped Potatoes Hot Dog Bun Pineapple Tidbits Milk (B) BBQ Pulled Chicken Sandwich BBQ Sauce	5.6 16 26 23.6 11.3 0 0 11.6	(A) Beef Meatballs w/Mushroom Gravy Buttered Egg Noodles Broccoli Whole Wheat Bread Sugar Cookie Milk Margarine (B) Chicken Marinara Casserole	10.9 20.2 4 12 17.4 11.3 0 30.5	(A) BBQ Rib Patty  Baked Sweet Potato Whole Kernel Corn Hamburger Bun Diced Peaches Milk (B) Beef Patty Brown Gravy	15.1 31.4 21.3 21.6 14.7 11.3 2 1.4	(A) Liver & Onions Brown Gravy Roasted Red Potatoes Whole Kernel Corn Wheat Roll Tropical Fruit Chocolate Milk Margarine (B) Roasted Turkey Poultry Gravy 	13.8 2.8 13.6 21.3 18.4 34.7 30.6 0 1.5 1.4	(A) Beef Taco Mac & Cheese  Green Beans Sliced Carrots Whole Wheat Bread Cinnamon Applesauce Chocolate Milk Margarine (B) Enchilada Casserole 	23.6 6.9 7.5 12 17.3 30.6 0 35.9	(A) BBQ Pulled Chicken Sandwich BBQ Sauce Scalloped Potatoes Hot Dog Bun Pineapple Tidbits Milk (B) Polish Sausage w/Onions & Peppers  	0 11.6 16 26 23.6 11.3 5.6
<u>This Week's Deli Meal</u> Turkey & Cheese Wrap  <i>Tossed Salad (lettuce greens, carrots, celery, cherry tomatoes)</i> Pasta Salad Milk Mustard Mayonnaise Salad Dressing		CHO	29	CHO	30	CHO										
		23.2 3.4 25 11.3 0.3 0 1.7	(A) Chicken & Rice Casserole Broccoli Whole Wheat Bread Diced Pears Milk Margarine (B) Herb Roasted Pork Brown Gravy Rice Pilaf 	26.3 4.1 12 16.6 11.3 0 1.1 1.4 27.1	(A) Glazed Ham   Cheesy Whipped Potatoes Mixed Vegetables Whole Wheat Bread Tropical Fruit Milk Margarine (B) BBQ Beef Meatballs 	3.5 21.9 13.2 12 34.7 11.3 0 24										

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 a.m. the prior business day to avoid a fee.

Entree contains >700 mg Sodium 

CHO Denotes grams of Carbohydrate

Elise A. Compston, RD, LD

Elise A. Compston, RD, LD

Denotes pork in recipe 